

# List of Smoking Cessation Resources

## **Smokers' Helpline** – Canadian Cancer Society

1-877-513-5333     [www.smokershelpline.ca](http://www.smokershelpline.ca)

Free, confidential one-to-one support, advice and information to help Ontarians quit smoking and tobacco use. Services are available by phone, online and text messaging in English and French, with interpreter service available by phone in over 100 languages. Smokers' Helpline can help with a personalized quit plan, free self-help materials and community based referrals and resources.

## **Websites and Handouts:**

- Canadian Cancer Society: [www.cancer.ca](http://www.cancer.ca)
- Heart and Stroke Foundation: [www.heartandstroke.ca](http://www.heartandstroke.ca)
- Lung Association: [www.lung.ca/protect-protegez/tobacco-tabagisme\\_e.php](http://www.lung.ca/protect-protegez/tobacco-tabagisme_e.php)
- Physicians for a Smoke-Free Canada: [www.smoke-free.ca](http://www.smoke-free.ca)
- Health Canada: [www.gosmokefree.gc.ca](http://www.gosmokefree.gc.ca)
- Ontario Medical Association: [www.oma.org/HealthPromotion/Tobacco](http://www.oma.org/HealthPromotion/Tobacco)
- Info-Tabac (FRENCH): [www.info-tabac.ca](http://www.info-tabac.ca)
- Action on Smoking and Health: [www.ash.org.uk/stopping-smoking](http://www.ash.org.uk/stopping-smoking)
- Stop Smoking Centre: [www.stopsmokingcenter.net](http://www.stopsmokingcenter.net)
- TEACH Project Client Resources:  
[www.nicotinedependenceclinic.com/English/teach/resources/SitePages/Client%20Resources.aspx](http://www.nicotinedependenceclinic.com/English/teach/resources/SitePages/Client%20Resources.aspx)
- CAMH *Do you know...tobacco:*  
[http://knowledgex.camh.net/amhspecialists/resources\\_families/Pages/tobacco\\_dyk.aspx](http://knowledgex.camh.net/amhspecialists/resources_families/Pages/tobacco_dyk.aspx)
- CAMH *Health Benefits of Quitting Smoking* handout:  
[http://knowledgex.camh.net/primary\\_care/toolkits/addiction\\_toolkit/smoking/Documents/Toolkit-Health\\_Benefits\\_Quitting.pdf](http://knowledgex.camh.net/primary_care/toolkits/addiction_toolkit/smoking/Documents/Toolkit-Health_Benefits_Quitting.pdf)
- CAMH *What nicotine withdrawal symptoms can I expect* handout:  
[http://knowledgex.camh.net/primary\\_care/toolkits/addiction\\_toolkit/smoking/Documents/Toolkit-Nicotine\\_Withdrawl\\_Symptoms.pdf](http://knowledgex.camh.net/primary_care/toolkits/addiction_toolkit/smoking/Documents/Toolkit-Nicotine_Withdrawl_Symptoms.pdf)
- CAMH *Myths and Facts of using nicotine replacement therapies and other medication to stop smoking* handout:  
[http://knowledgex.camh.net/primary\\_care/toolkits/addiction\\_toolkit/smoking/Documents/Toolkit-Myths\\_Facts\\_NRT.pdf](http://knowledgex.camh.net/primary_care/toolkits/addiction_toolkit/smoking/Documents/Toolkit-Myths_Facts_NRT.pdf)

## **Books**

*The Stop Smoking Workbook – Your Guide to Healthy Quitting.* Lori Stevic-Rust, PhD & Anita Maximin, PsyD. ISBN: 1-57224-037-7

*The Complete Idiot's Guide to Quitting Smoking.* Lowell Kleinman, MD & Deborah Messina-Kleinman, MPH. ISBN: 0-02-863915-4

*Quit Smoking Without Willpower.* Trevor Wheeler. ISBN: 0-9680777-0-6

## **Community**

Contact your local public health unit to inquire about resources in your community. Speak to your physician or pharmacist about quitting smoking.