

COMMUNITY HEALTH SERVICES

Family Health Teams (FHT) and Community Health Centres listed below offer current patients quit smoking counselling and free nicotine replacement therapy. Contact the offices for more information.

LAKEVIEW FHT, lakeviewfht.ca

Brighton — 170 Main St.
613-475-1555

Trenton — 80 Catherine St.
613-394-0770

BELLEVILLE & QUINTE WEST COMMUNITY HEALTH CENTRE, bqwchc.ca

Belleville — 161 Bridge St. W.
613-962-0000

Trenton — 69 Catherine St.
613-965-0698

PRINCE EDWARD COUNTY FHT, pefht.ca

Pictou — 35 Bridge St.
613-476-0400 ext. 201

GATEWAY COMMUNITY HEALTH CENTRE, gatewaychc.org

Tweed — 41 McClellan St.
613-478-1211

CENTRAL HASTINGS FHT, chfht.ca

Gilmour — 371 Weslemkoon Lake Rd., RR2
613-474-0233

Madoc — 52 St. Lawrence St. E.
613-473-4134

Marmora — 1 Madoc St.
613-472-6131

NURSE PRACTITIONER — LED CLINIC, bnplc.ca

Belleville — 15 Victoria Ave., Unit 2R
613-779-7304

QUEENS FHT — (Belleville to Quinte area), familymedicine.queensu.ca

Belleville — Station Street (Admin. Office)
145 Station St.
613-771-1910, ext. 133

BANCROFT FHT, bcfht.org

Bancroft — 19 Oak St.
613-332-1565

PUBLIC HEALTH SERVICES

We Can Quit: Help to quit smoking or vaping with one-on-one support, access to free or low-cost nicotine patches, gum and lozenges. Support for expecting moms and their partners to quit as well. Public Health nurses offer in-school support in every high school for youth who want to quit or reduce vaping or smoking.

Call the
Tobacco Talk Line:
**613-966-5500,
ext 600.**

CAMH STOP ON THE NET

Register online for up to eight weeks of free nicotine replacement sent directly to your home. Option to join an online support program to quit vaping or smoking.

Visit website:

NicotineDependenceClinic.com/en/stop/stop-on-the-net

HASTINGS PRINCE EDWARD PUBLIC HEALTH

Phone: 613-966-5500, ext. 600

Toll Free: 1-800-267-2803

Fax: 613-966-1813

TTY: 711

TTL@hpeph.ca

hpePublicHealth.ca

AODA statement: The Health Unit is committed to providing accessible programs and services to all. To make arrangements for accommodation for our quit smoking programs contact the Tobacco Talk Line at 613-966-5500 ext. 600 or email at accessibility@hpeph.ca.



LOCAL QUIT SMOKING SUPPORT GUIDE



FAMILY DOCTORS AND PHARMACISTS

You can talk to your doctor or pharmacist about quit smoking medications, such as Champix or Zyban to see if they are right for you. Pharmacists can help you access quit smoking medications if you are a pharmacy client. These medications are now covered under the Ontario Drug Benefit Plan.

TRUTH INITIATIVE

Text support is available through the “This is Quitting” program. To register text “DITCHVAPE” to 88709. Parents can also text “QUIT” to 1-847-278-9715 to sign up to receive text messages designed specifically for parents of vapers.

SMOKERS HELPLINE

Call for free, confidential, one-on-one support provided by Telehealth Ontario 1-866-797-0000, online support at SmokersHelpline.ca. Services are available in English and French and over 100 other languages through an interpreter.

Text support is also available. To register text “IQUIT” to 123456.



APPS

- ✓ **Quitnow** – This free app offers help just for you based on your smoking patterns, moods, motivation to quit, and quitting goals. Tag the locations and times of day when you need extra support.
- ✓ **Quit Tracker** – This app will help you track your smoking behaviours and motivate you to stay off nicotine.
- ✓ **Quash** – Quash smoking or vaping! Change is a process, not an event. The Quash app helps you progress through each stage of the quit process.
- ✓ **Calm** – Calm is a popular app for sleep and meditation. Join the millions experiencing better sleep, lower stress, and less anxiety.
- ✓ **Headspace** – Live a healthier, happier, more well-rested life in just a few minutes a day with the Headspace app.
- ✓ **Colorfy** – Colorfy is an art and coloring game designed to help you kill time, relax your mind, and have fun.



ONLINE SUPPORT

- DontQuitQuitting.ca
- QuitRunChill.org
- SmokeFreeCurious.ca
- SmokeFreeHousingon.ca
- NotAnExperiment.ca
- BehindTheHaze.com
- ConsiderTheConsequences.ca