

YOUR PRESCRIPTION FOR A
**TOBACCO FREE
LIFE**

**SIMCOE MUSKOKA DISTRICT
HEALTH UNIT (SMDHU)**

Provides supports and services to help break your addiction to nicotine
Call 705-721-7520 for more information

**SOUTH GEORGIAN BAY
COMMUNITY HEALTH CENTER**

Up to 26 weeks of counselling and Nicotine Replacement Therapy
Call 705-422-1888 or visit sgbchc.ca

STOP ON THE ROAD

One time group session & five weeks of Nicotine Replacement Patches.
Call SMDHU to see if you are eligible.
1-877-721-7520

FAMILY HEALTH TEAM (FHT)

If you belong to a FHT, you may be eligible for up to 26 free weeks of NRT and counselling at no cost.
Talk to your doctor or Nurse Practitioner.
www.gbfmt.ca

BREAK IT OFF

Provides resources and tips on how to quit, how to prevent relapses and offers community support
Visit breakitoff.ca for more information

SMOKERS HELPLINE

Free and personalized tools to help you stay quit.
Call: 1-866-366-3667
Text: IQUIT to 123456
smokershelpline.ca

ONTARIO DRUG BENEFITS

You may be eligible for 12 week course of prescription Champix or Zyban once every 12 months.
Check with your doctor or Nurse Practitioner.

HEALTH CANADA

Offers research based information regarding quitting, how to enforce policies, statistics and how to access quit coaches over the phone.
Call 1-866-366-3667