

Websites

www.gosmokefree.gc.ca - online information about quitting smoking including "e-QUIT", Health Canada's free e-mails to help support the process of quitting, one day at a time

www.stopsmokingcentre.net - a web program and support community that will give you the help you need in quitting smoking

www.canadian-health-network.ca - online health information about tobacco and quitting smoking brought to you by the Public Health Agency of Canada and major health organizations across the country

www.quitnet.org - online resource and support centre for smokers trying to quit and those "ex-smokers" working to stay quit

www.smokefree.gov - online reading material and an online guide to quitting smoking with an option of talking with an expert online

www.habitrol.com - product information and support for quitting using the nicotine patch or gum and an interactive quit smoking program

www.nicodermcq.com - product information and support for quitting with the nicotine patch

Youth Websites

www.quit4life.com - online interactive quit smoking program for teens developed by Health Canada

www.smoke-fx.com - a website targeted toward youth to provide information on smoking, homework help, links to other sites, as well as some cool interactive stuff

www.stupid.ca - an interactive website for youth to learn about smoking, the stupid.ca movement and how you can make a difference in your own community

Ask Your Health Care Provider

Family physicians, dentists, pharmacists or other health care providers offer quit smoking information, counseling and/or therapies. They can help you or refer you to someone else in your community. Self-help books, audio and video cassettes are available through your local library or bookstore.

For More Information Call
**DURHAM HEALTH
CONNECTION LINE AT:**
1-800-841-2729
or **905-666-6241**

Visit our website
www.durham.ca

Note: this pamphlet lists a selection of programs and materials to help you get started. This does not imply endorsement by Durham Region Health Department.



You Have it in You To Quit!



Give your family the gift they really want.

Quit Smoking

Quit Smoking
Programs
& Resources
Available In
Durham Region



A Quit Plan

Helps you:

- Keep track of your smoking
- Practice spending time with no cigarettes
- Set a quit date
- Get support from others
- Eliminate smoking "triggers" from home and car

Helps you identify:

- Substitutes for smoking
- Strategies for dealing with cravings
- Situations when you normally smoke
- How you can reward yourself for not smoking
- How to get back on track if you slip by smoking after your quit date

Over half the people who have ever smoked have quit - you can do it too!

Quit Smoking Programs and Resources

DURHAM REGION HEALTH DEPARTMENT

605 Rossland Road East, P.O. Box 730
Whitby, Ontario L1N 0B2
Tel: 905-666-6241 or 1-800-841-2729
Web site: www.durham.ca

Quit smoking groups are offered at no cost for adults who are planning to quit smoking. A school-based quit smoking program, Youth Quit & Win, is also available upon request. Information, resources and referral to programs and services provided as appropriate. A smoke-free living website includes information about quitting smoking, protecting yourself and your family from second-hand smoke, and preventing young people from starting to smoke.

SMOKERS' HELPLINE

Call 1-877-513-5333
Monday - Thursday 8:00am - 9:00pm
Fridays - 8:00am - 6:00pm
Weekends - 9:00am - 5:00pm
24 hour messaging
Web site: www.smokershelpline.ca

Smokers' Helpline offers a free, confidential telephone service you can call for easy access to a trained Quit Specialist. There is also a free support group available online.

SEVENTH DAY ADVENTIST CHURCH

1110 King Street East
Oshawa, Ontario L1H 1H8
Tel: 905-571-1022 ext. 112

"*Breathe Free*" is a non-denominational program for men and women open to all Durham Region residents. It consists of eight sessions held over 3 weeks. Location and fees will vary.

THE YOUTH CENTRE

360 Bayly Street West
Ajax, Ontario L1S 1P1
Tel: 905-428-1212
Fax: 905-428-9151
Web site: www.theyouthcentre.ca

Individual support and quit smoking resources are available for youth 13-19 and young parents up to age 26 with children under 3 years of age. School-based quit smoking support is also available upon request.