

# ARE YOU THINKING OF QUITTING SMOKING?



## STOP on the Net Can Help!

STOP on the Net is an online program from the Centre for Addiction and Mental Health (CAMH) designed to help adults quit smoking.

You can receive **free** nicotine patches and gum/lozenges mailed right to your door!

*Enough medication for  
8 weeks of treatment*

### You may be eligible to participate if you:

- Live in Ontario
- Are 18 years of age or older
- Meet other specific eligibility criteria

To learn more about the program and enroll, please visit:

**[stoponthenet.com](http://stoponthenet.com)**



Durham Health Connection Line  
905-668-2020 or 1-800-841-2729  
[durham.ca/health](http://durham.ca/health)



STOP on the Net is an initiative of the Smoking Treatment for Ontario Patients (STOP) Program, and is funded by the Ontario Ministry of Health. For more information about programs and services at CAMH, please visit [www.camh.ca](http://www.camh.ca) or call 416-535-8501 (or 1-800-463-6273).