

# QUITTING CIGARETTE SMOKING

Where to go when you're looking for help

## How can I quit or cut down my smoking?

Chances are you're reading this because you want to quit or cut down on your smoking—or you have the same hope for someone you care about.

Quitting smoking can be difficult, and may take more than one try. But it's never too late to improve your health. The sooner you make a quit attempt, the sooner you reduce your risk of smoking-related illnesses, including cancers and respiratory disease. In as little as 20 minutes after a cigarette, heart rate, blood pressure and circulation start to improve and return to normal levels. After one day, the risk of heart attack starts to decrease. After three days, the nicotine levels in your body are depleted. Many people who quit tobacco feel bad over the first few days as their bodies adjust to no nicotine (the most addictive agent in tobacco) and the other 6,999 chemicals in tobacco. Although these symptoms tend to be worst in the first week after you stop smoking, most decrease over the next few weeks. But you may still experience cravings to smoke for a while after quitting.

There are various supports available that can improve your success in quitting smoking. Some people benefit from using medications designed to ease withdrawal symptoms and cravings to smoke, such as nicotine replacement therapy (NRT). NRT contains nicotine but does not contain the other harmful chemicals in tobacco. Examples of NRT include the patch, gum, inhaler, lozenges or nasal spray, which are all over the counter at the pharmacy. Using these aids can increase your chances of quitting smoking and work best when the person is motivated to quit, and has other supports, such as family, friends, a stop-smoking group or telephone support. Other medications require a prescription, do not contain nicotine and can also increase the chances of quitting smoking, such as bupropion (Zyban) and varenicline (Champix).

For some people, cutting down the number of cigarettes smoked before completely quitting helps to lessen the withdrawal symptoms, and allows them to change their smoking behaviours gradually. Strategies for cutting down include delaying smoking, smoking fewer cigarettes and smoking less of each cigarette. Although cutting down may reduce some health risks, there is no safe level of smoking; cutting down is not an alternative to quitting.

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If any of this information is incorrect or outdated, or if there are additional organizations or programs that would be helpful to include, please e-mail the information to us at [access.resources@camh.ca](mailto:access.resources@camh.ca).

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**camh**

## How can I get help?

Start by talking to someone you trust, such as your doctor, a teacher, a health nurse or a guidance or addiction counsellor. You could also contact an addiction assessment centre, a self-help group or even your local pharmacist. All Ontario pharmacies can provide counselling and prescribe smoking cessation medication for 12 weeks to clients on the Ontario Drug Benefit program.

The following resources/services will provide you information and support on this journey to cutting back or stopping smoking. If you can't find a smoking cessation program below, contact **ConnexOntario**. They may have information about programs in different areas. You can call them at 1 866 531-2600 or connect with them by e-mail or webchat. Check [www.connexontario.ca](http://www.connexontario.ca) for more details.

## Community Programs

Public health units across Ontario offer smoking cessation programs. To find the health unit in your area, visit [www.health.gov.on.ca/en/common/system/services/phu/locations.aspx](http://www.health.gov.on.ca/en/common/system/services/phu/locations.aspx).

### Black Creek Community Health Care

Yorkgate Mall, 1 Yorkgate Blvd., suite 202, North York, ON

[www.bcchc.com](http://www.bcchc.com)

416 246-2388

**Services offered:** Weekly smoking cessation group, nicotine replacement therapy

**Fee:** Free

### Heart Niagara

4635B Queen St., Niagara Falls, ON

[heartniagara.com](http://heartniagara.com)

905 358-5552

**Services offered:** Support and help when accessing nicotine replacement therapy and smoking cessation information, brief intervention and individual counselling, one-on-one smoke cessation counselling appointments with trained smoke cessation counsellors

**Referral:** Self-referral, referral by Public Health Smokers Helpline or referral by a health care practitioner

### Mackay Manor

196 Argyle St. S., Renfrew, ON

[mackaymanor.ca](http://mackaymanor.ca)

613 432-4946, 1 877 819-4181

**Services offered:** Group and individual counselling for clients of the residential program and people in the community who want to stop smoking, support groups

**Eligibility:** Must enroll in CAMH's STOP Program (see below)

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## Parkdale Queen West Community Health Centre

168 Bathurst St., Toronto, ON

[pqwchc.org](http://pqwchc.org)

416 703-8480 ext. 2210

**Services offered:** Individual assessment, nicotine replacement therapy and cessation medication, counselling, motivational interventions, referral to the dietitian and other supports

**Eligibility:** Registered clients only; no ID required

## The STOP (Smoking Treatment for Ontario Patients) Program

[www.nicotinedependenceclinic.com/English/stop](http://www.nicotinedependenceclinic.com/English/stop)

416 535-8501 ext. 34455

CAMH Nicotine Dependence Clinic, 175 College St., Toronto, ON

**Services offered:** Counselling support and free smoking cessation treatment, including STOP on the Road, three-hour local workshops that provide quit smoking information and five-week nicotine replacement therapy kits

**Eligibility:** Ontario smokers who wish to quit smoking, including patients at an Ontario family health team, community health centre, nurse practitioner-led clinic, Aboriginal Health Access Centre, addiction agency or public health units through the STOP on the Road workshop. To find a STOP on the Road workshop closest to you, visit [nicotinedependenceclinic.com](http://nicotinedependenceclinic.com) for a list of upcoming workshops. To join a workshop, you must be screened by public health unit staff and registered by the public health unit before participating.

**Referral:** To join the CAMH program, you can self-refer by contacting Access CAMH (416 535-8501 and press 2). To join one of the community-base programs, ask your doctor or provider.

**Fee:** Free

## University of Ottawa Heart Institute, Quit Smoking Program

40 Rusking St., H-2353, Ottawa, ON

[pwc.ottawaheart.ca/programs-services/quitting-smoking/quit-smoking-program](http://pwc.ottawaheart.ca/programs-services/quitting-smoking/quit-smoking-program)

613 696-7069

[quitsmoking@ottawaheart.ca](mailto:quitsmoking@ottawaheart.ca)

**Services offered:** Nurse-led smoking cessation program that provides up to six months of smoking cessation support through individualized clinic visits

**Referrals:** Self- or health professional referrals are accepted

## Youth Programs

To speak with a counsellor right away, contact the Kids Help Phone. (See the section on Quit Lines for more information.)

For information about tobacco, refer to *About Tobacco* on the CAMH store at [store-camh.myshopify.com](http://store-camh.myshopify.com). *About Tobacco* is a fold-out poster that uses humour to explain tobacco to youth age 13 to 18.

## Alternatives for Youth

38 James St. S., 2nd floor, Hamilton, ON

[ay.on.ca](http://ay.on.ca)

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905 527-4469 ext. 3 (intake)

**Services offered:** Smoking cessation groups available on request, individual support to quit smoking

**Eligibility:** 12 to 23 years old

**Referral:** Self-referral, call the number above

## Bangladeshi Canadian Community Services

2899 Danforth Ave., Toronto, ON

[www.bangladeshi.ca/youth-children](http://www.bangladeshi.ca/youth-children)

416 699-4484

**Services offered:** Youth Eliminates Smoking (YES) program, which promotes conscious healthy living through various activities, such as workshops, skills development and recreation

**Eligibility:** Open to all including immigrants and refugees; focus on Crescent Town/surrounding neighbourhoods

## Leave the Pack Behind

[leavethepackbehind.org](http://leavethepackbehind.org)

**Services offered:** Smoking and quitting information, personalized support, quitting resources including nicotine replacement therapy

**Eligibility:** People age 18 to 29

## YMCA of Toronto, Vanauley Street YMCA

7 Vanauley St., Toronto, ON

[ymcagta.org/about-us/our-new-ys/vanauley-street-ymca](http://ymcagta.org/about-us/our-new-ys/vanauley-street-ymca)

416 603-6366 ext. 33205

**Services offered:** Assessment, individual counselling, crisis intervention, educational presentations and referrals

**Eligibility:** Young adults age 14 to 24 who use/abuse alcohol or other substances, including nicotine

## Hospital-Based Programs

### CAMH Nicotine Dependence Clinic

175 College St., Toronto, ON

[www.nicotinedependenceclinic.com](http://www.nicotinedependenceclinic.com)

416 535-8501 press 2 to register with Access CAMH, or call the clinic directly at ext. 77400 for more information

**Services offered:** Nicotine assessment, medical consultation, group counselling and prescriptions for medications to quit or reduce smoking; participation in the STOP Program and other research

**Eligibility:** Anyone who wants to quit or reduce their tobacco use, including clients with concurrent substance use, mental illness and/or other medical conditions

**Referral:** To self-refer to the program at the Nicotine Dependence Clinic or the Concurrent Outpatient Medical and Psychological Addiction Support Service, contact Access CAMH to complete a brief questionnaire about your mental health, addiction and medical history over the phone; if you are a current client of CAMH within a different clinic, ask your provider for a referral.

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**Note:** the STOP Program is also available within the Concurrent Outpatient Medical and Psychological Addiction Support Service (COMPASS) that provides specialized medical and psychological treatment for clients with addictions and concurrent disorders. COMPASS is located at 100 Stokes St., 3rd floor.

## CAMH Outpatient Pharmacy

Paul Christie Community Centre, 1001 Queen St. W., ground floor, Toronto, ON

416 535-8501 ext. 32999

[outpatient.pharmacy@camh.ca](mailto:outpatient.pharmacy@camh.ca)

**Services offered:** A weekly one-on-one counselling support program; up to eight weeks of nicotine replacement therapy (in the form of patch or gum)

**Eligibility:** Weekly counselling available for clients smoking one pack or less per day; nicotine replacement therapy provided when appropriate

**Referral:** None required, but appointments are preferred

**Fee:** Nicotine replacement therapy is free, weekly counselling is free with a valid OHIP card

## Grand River Hospital

835 King St. W., Kitchener, ON

[www.grhosp.on.ca/care/services-departments/cancer/how-we-can-help-you/smokingcessation%20](http://www.grhosp.on.ca/care/services-departments/cancer/how-we-can-help-you/smokingcessation%20)

519 749-4370 ext. 3848

**Services offered:** Tobacco Cessation Clinic

**Eligibility:** Patients who are receiving care at Grand River Regional Cancer Centre and are interested in reducing or quitting smoking, or want support to remain smoke free

## Haldimand War Memorial Hospital (HWMH), Quit Smoking Clinic

HWMH Quit Clinic, 206 John St., Dunnville, ON

Haldimand-Norfolk Health Unit, 12 Gilbertson Dr., Simcoe, ON

Haldimand-Norfolk Health Unit, 282 Argyle St. S., Caledonia, ON

[www.hwmh.ca/body.cfm?xyzpdqabc=0&id=39&action=detail&ref=25](http://www.hwmh.ca/body.cfm?xyzpdqabc=0&id=39&action=detail&ref=25)

905 774-7431 ext. 1357

**Services offered:** 12 to 26 week quit program, which is offered as individual counselling or group programming; tobacco/nicotine assessments; individualized plans of care; follow-up visits to provide support and promote self-care management

**Referral:** Self-referral or referral by any health or social service provider

## Mount Sinai Hospital

600 University Ave., Toronto, ON

[www.mtsinai.on.ca](http://www.mtsinai.on.ca)

416 586-4800 ext. 5009

**Services offered:** Asthma, chronic obstructive pulmonary disease (COPD) and smoking cessation clinic

**Referral:** Medical referral required

## Providence Healthcare, Smoking Cessation Program

3276 St. Clair Ave. E., Toronto, ON

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[www.providence.on.ca/5-steps-to-quit](http://www.providence.on.ca/5-steps-to-quit)

416 285-3666 ext. 4646

**Services offered:** Smoking cessation program that provides individual counselling by appointment only: offers access to a certified tobacco counsellor, smoking cessation resources and pharmacotherapy

**Eligibility:** All patients admitted to their inpatient and outpatient clinics

**Referral:** Self-referral by calling the phone number above

## St. Joseph's Healthcare Toronto, The Stop Smoking Clinic

30 The Queensway, Toronto, ON

[stjoestoronto.ca/patient-care-and-services/policies-at-the-hospital/smoking](http://stjoestoronto.ca/patient-care-and-services/policies-at-the-hospital/smoking)

416 530-6000 ext. 3969

**Services offered:** One-on-one counselling, information about resources and supports at the hospital and in the community, nicotine replacements or medication to reduce cravings

**Referral:** You can make a self-referral by calling the clinic

## University Health Network Smoking Cessation Program

Princess Margaret Cancer Centre Outpatient Pharmacy, 610 University Ave., main floor, room M633, Toronto, ON

Toronto General Hospital Outpatient Pharmacy, 585 University Ave., 1st floor, Norman Urquhart Wing, room 2, Toronto, ON

Toronto Western Hospital – Shoppers Drug Mart, 399 Bathurst St., main atrium, Toronto, ON

[www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized\\_Program\\_Services/Smoking\\_Cessation/Pages/programs\\_help\\_quit.aspx](http://www.uhn.ca/PrincessMargaret/PatientsFamilies/Specialized_Program_Services/Smoking_Cessation/Pages/programs_help_quit.aspx)

416 946-6593 (Princess Margaret pharmacy), 416 340 7848 (Toronto General pharmacy), 416 603-5800 ext. 7848 (Toronto Western pharmacy)

[quitsmoking@uhn.ca](mailto:quitsmoking@uhn.ca)

**Services offered:** One-on-one smoking cessation consultation service with a trained pharmacist (the first appointment is generally an in-person meeting for 45 minutes to an hour, followed by three phone appointments for 30 minutes and then four more appointments that last about five minutes each); access to prescription smoking cessation aids and various nicotine replacement products

**Eligibility:** Free service available to all, including UHN patients, family members and employees

**Fee:** Free

## Quit lines

### Canadian Cancer Society, Smokers' Helpline

1 877 513-5333

[www.smokershelpline.ca](http://www.smokershelpline.ca)

**Services offered:** Online Quit Program, which includes one-on-one help to create a quit plan, manage cravings and find quit aids and local support (follow-up by phone)

**Eligibility:** Register for through the website or call their toll-free number

**Languages:** Interpretation services available in more than 100 languages

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## Kids Help Phone

1 800 668-6868

[kidshelpphone.ca](http://kidshelpphone.ca)

**Services offered:** Connect with a counsellor by phone or live chat 24/7; information on their website about smoking and how to quit

## Information and Resources

### Centre for Addiction and Mental Health

For information about tobacco, and to either download or order related publications, see [store-camh.myshopify.com](http://store-camh.myshopify.com) and type in “Tobacco.”

*What Parents Need to Know about Teen Risk Taking: Strategies for Reducing Problems Related to Alcohol, Other Drugs, Gambling and Internet Use*

*Do you Know. . . Tobacco*

*About Tobacco*

*Smoking and Quitting: Clean Air For All*

For instructional videos on how to use nicotine mouth spray, a nicotine patch, the nicotine inhaler and nicotine gum: [www.youtube.com/playlist?list=PLmLKlp1R6075RQGDKE8U4t7IXvs13Ovs9](http://www.youtube.com/playlist?list=PLmLKlp1R6075RQGDKE8U4t7IXvs13Ovs9)

For resources on quitting smoking and other healthy behaviour change, including changes related to alcohol, sleep, nutrition, physical activity, mood management and stress, visit: [nicotinedependenceclinic/Educational-Resources-for-Patients.aspx](http://nicotinedependenceclinic/Educational-Resources-for-Patients.aspx)

For help in designing your quit plan, download a PDF of *My Change Plan* workbook at [www.nicotinedependenceclinic.com/english/teach/resources/assessment%20tools/my%20change%20plan%20Edition%208.pdf](http://www.nicotinedependenceclinic.com/english/teach/resources/assessment%20tools/my%20change%20plan%20Edition%208.pdf)

### Health Canada’s Tobacco Control Programme

Go to [www.gosmokefree.ca](http://www.gosmokefree.ca) and click on “quit smoking”

### The Lung Association of Ontario

Information on tobacco programs, smoking cessation and tips to help yourself or someone else quit smoking, as well as a free PDF of a smoking cessation workbook, *Journey 2 Quit*: [lungontario.ca/protect-your-breathing/smoking/quit](http://lungontario.ca/protect-your-breathing/smoking/quit)

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