

QUIT SMOKING SUPPORT

FREE Nicotine Replacement

Chatham-Kent Community Health Centres 519-397-5455

Locations:

Chatham

150 Richmond Street

Wallaceburg

808 Dufferin Avenue

Walpole Island

785 Tecumseh Road, Unit 2

Pain Court

14 Notre Dame Street

Chatham-Kent Family Health Team

Locations:

Chatham-Kent Family Health Team

Suite 111-20 Emma Street

519-354-2172

Wallaceburg Community Medical Centre

30 McNaughton Avenue

519-627 1497

Howard Mutual Centre - Ridgetown

20129 Erie Street

519-674-2600

Community Health Care Centre - Dresden

530 Tecumseh Street

519-683-4479

Blenheim Medical Centre

30 Chatham Street, North

519-676-5592

Tilbury District Family Health Team

519-682-2307

Locations:

Tilbury

20 Mill Street, West

Chatham

240 Grand Avenue, West

All Clients should contact the Tilbury office

Thamesview Family Health Team

519-354-0070 x 602

Locations:

Chatham

465 Chatham Grand Avenue West

20 Emma Street, Suite 103, 108

Wheatley

26 Erie Street, North

St. Clair College

Thames Campus Health Centre

1001 Grand Avenue West

519-354-9100 x 3229

Mary Sinclair, RN, Campus Health Nurse

Chatham-Kent Public Health Unit

435 Grand Avenue West

519-352-7270

Contact for current quit smoking information

QUIT SMOKING SUPPORT

Counselling

Smokers' Helpline:

Telephone Support – 1-877-513-5333 – free and confidential one-to-one support
Online Support – www.smokershelpline.ca offers tips, tools, and support for quitting
Text Messaging Support- text iQuit to 123456

Individual Counselling:

Available at all Family Health Teams and Chatham-Kent Community Health Centres
Students attending St. Clair College

Group Counselling:

Tilbury District Family Health Team: 519-682-2307 (Tilbury)

FREE Medication

Champix or Zyban is available to Ontarians on the Ontario Drug Benefit Program (ODBP). The ODBP includes Ontario Works recipients and ODSP (Ontario Disability Support Program) recipients. These medications can be prescribed by your doctor, nurse practitioner or pharmacist.

Tips

- Drink water - with crushed ice if possible
- Deep Breathe - Take a deep breath, hold for two seconds, then let it out
- Delay the urge to smoke - put it off for a few minutes
- Do something else - try a different activity
- Keep a diary of how much and where you smoke
- Get support from friends, family and/or professionals
- Make your home and car smoke-free

Changes After Quitting

20 minutes - your pulse and blood pressure return to normal
8 hours - carbon monoxide levels in your blood drop
24 hours - your chance of having a heart attack drops
72 hours - you can smell and taste things better and breathing becomes easier
2 weeks - your circulation improves; walking becomes easier
1 year - you've cut your risk of heart disease in half

Chatham-Kent Public Health Unit 519-352-7270 www.ckpublichealth.com