

# 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

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](http://www.smokershelpline.ca) offers tips, tools, and support for quitting  
Text Messaging Support – [www.smokershelpline.ca](http://www.smokershelpline.ca)

### Individual Counselling:

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

### Group Counselling:

Chatham-Kent Community Health Centres: 519-397-5455  
Thamesview Family Health Team (Quit Smoking and Relapse Counselling): 519-354-0070 x 602  
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](http://www.ckpublichealth.com)