

QUIT SMOKING SUPPORT

FREE Nicotine Replacement

Chatham-Kent Community Health Centres

519-397-5455

**Only available to clients of the CHC or who do not have a provider and have a diagnosis of COPD or respiratory issues

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

Chatham-Kent Public Health Unit

435 Grand Avenue West

519-352-7270

Contact for current quit smoking information

Chatham-Kent Public Health Unit 519-352-7270 www.ckphu.com/quit

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
CK Public Health Unit Clinic

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, ODSP (Ontario Disability Support Program) recipients and OHIP+. 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

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