

QUIT SMOKING SUPPORT

FREE Nicotine Replacement

For clients that have a primary care provider that is NOT associated with a Family Health Team or Community Health Centres OR do not have a primary care provider please contact the Chatham-Kent Public Health Unit at 519-352-7270.

<p>Chatham-Kent Community Health Centres 519-397-5455</p> <p>Locations: Chatham 150 Richmond Street Wallaceburg 808 Dufferin Avenue Walpole Island 785 Tecumseh Road, Unit 2 Pain Court 14 Notre Dame Street</p>	<p>Tilbury District Family Health Team 519-682-2307</p> <p>Locations: Tilbury 20 Mill Street West Chatham 240 Grand Avenue West</p> <p>*All clients should contact the Tilbury office</p>
<p>Chatham-Kent Family Health Team</p> <p>Locations: Chatham-Kent Family Health Team Suite 111-20 Emma Street 519-354-2172</p> <p>Wallaceburg Community Medical Centre 30 McNaughton Avenue 519-627-1497</p>	<p>Thamesview Family Health Team 519-354-0070 ext. 602</p> <p>Locations: Chatham 465 Grand Avenue West 20 Emma Street, Suite 103, 108</p> <p>Wheatley 26 Erie Street North</p>
<p>Howard Mutual Centre-Ridgetown 20129 Erie Street 519-674-2600</p> <p>Community Health Care Centre-Dresden 530 Tecumseh Street 519-683-4479</p> <p>Blenheim Medical Centre 30 Chatham Street North 519-676-5592</p>	<p>St. Clair College Thames Campus Health Centre 519-354-9100 ext. 3229</p> <p>1001 Grand Avenue West</p>

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 Message Support – text iQuit to 123456

Individual Counselling:

Available to all clients that belong to a Family Health Team or Community Health Centres in Chatham-Kent

Students attending St. Clair College

Chatham-Kent Public Health Unit Quit 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 to you by your doctor, nurse practitioner or pharmacist.

Tips

- Drink water – with crushed ice if possible
- Deep breath – take a deep breath, hold for two seconds, then let 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 returns 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 have cut your risk of heart attack in half

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