

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

Chatham-Kent Public Health Unit 519-352-7270 [www.ckphu.com/quit](http://www.ckphu.com/quit)

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## 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 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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