

# QUIT SMOKING SUPPORT

## Counselling

### Smoker's Helpline:

Telehealth Ontario – Telephone Support – 1.866.797.0000 – free & confidential one-on-one quit 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

### 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 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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## 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>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>Tilbury District Family Health Team</b> 519.682.2307</p> <p>Locations: <b>Tilbury</b> 20 Mill Street West</p> <p><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>Ridgetown Howard Mutual Centre</b> 20129 Erie Street 519.674.2600</p> <p><b>Dresden Community Health Care Centre</b> 530 Tecumseh Street 519.683.4479</p> <p><b>Blenheim Medical Centre</b> 30 Chatham Street North 519.676.5592</p>	<p><b>Chatham-Kent Community Health Centres</b> 519.397.5455</p> <p>Locations: <b>Chatham</b> 150 Richmond Street</p> <p><b>Wallaceburg</b> 808 Dufferin Avenue</p> <p><b>Walpole Island</b> 785 Tecumseh Road, Unit 2</p> <p><b>Pain Court</b> 14 Notre Dame Street</p>