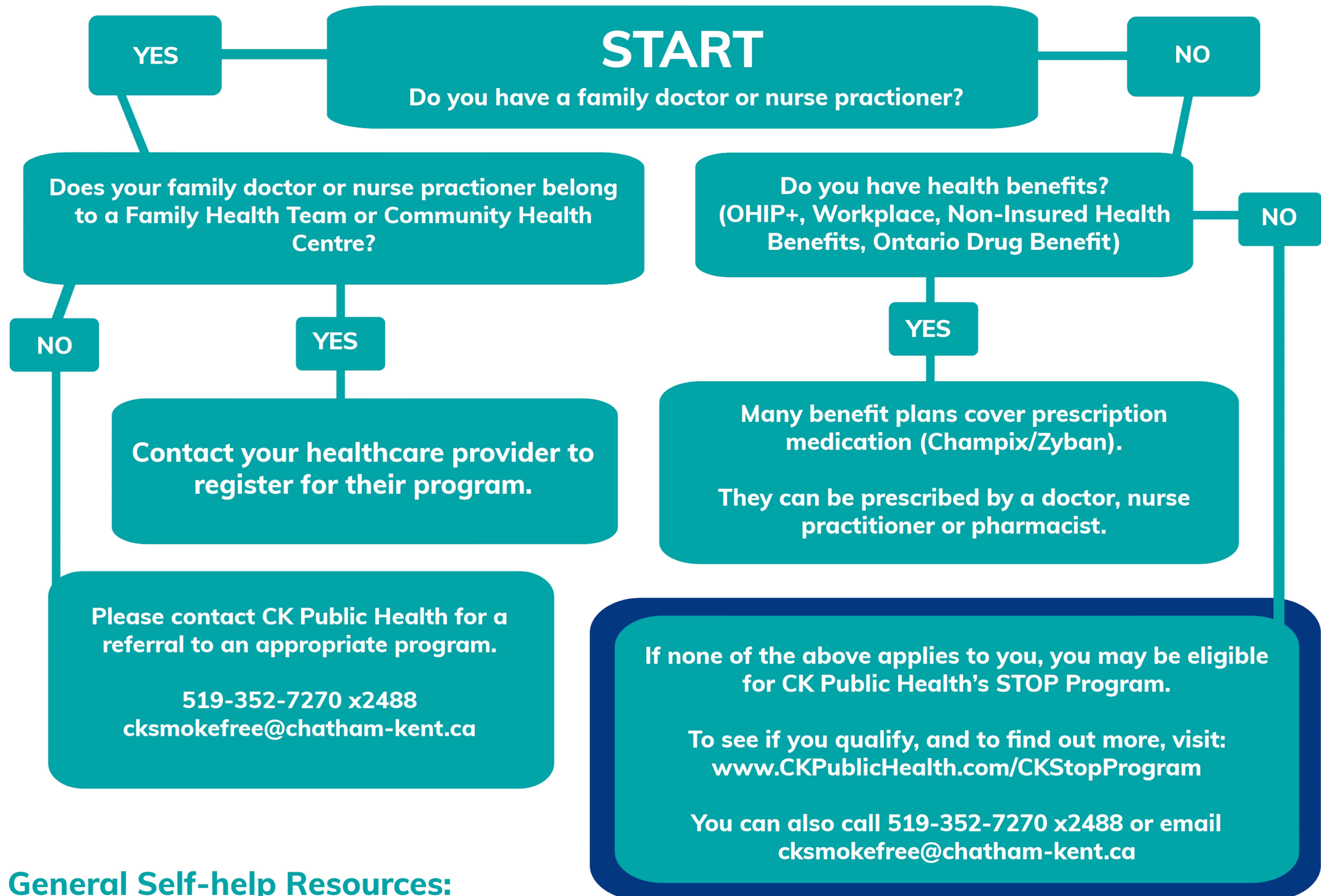


How do I get help with quitting smoking in Chatham-Kent?



General Self-help Resources:

The Lung Association - www.lung.ca/smoking-and-tobacco

Smoker's Helpline Text and Online Service - www.smokershelpline.ca or text 'iQuit' to '123456'

24/7 Telephone Support – call 811 or 1-866-797-0000

Free Quit Smoking Resources in Chatham-Kent

Use the questionnaire on the reverse side to determine who you should contact.

Chatham-Kent Community Health Centres

 **519-397-5455 x131**

Chatham

150 Richmond Street

Wallaceburg

808 Dufferin Avenue

Walpole Island

150 Richmond Street

Chatham-Kent Family Health Team

 **Chatham-Kent Family Health Team**
Suite 111-20 Emma Street, Chatham
519-354-2172

 **Wallaceburg Community Medical Centre**
30 McNaughton Avenue, Wallaceburg
519-627-1497

 **Howard Mutual Medical Centre**
20129 Erie Street, Ridgetown
519-674-2600

 **Community Health Care Centre**
530 Tecumseh Street, Dresden
519-683-4479

 **Blenheim Medical Centre**
30 Chatham Street North
519-676-5592

Tilbury District Family Health Team

 **519-682-2307**

Tilbury

20 Mill Street West

Chatham

240 Grand Avenue West

**All patients should contact the Tilbury office.*

CK Public Health

 **519-352-7270 x2488**

Online: www.CKPublicHealth.com/CKStopProgram

P: 519-352-7270 x2488

E: cksmokefree@chatham-kent.ca

Thamesview Family Health Team

 **519-354-0070 x602**

Chatham

465 Grand Avenue West
20 Emma Street, Suite 103, 108

Wheatley

26 Erie Street North

Delaware Nation Health Centre

 **519-692-3969**
14737 Schoolhouse Line

Free Self-Guided Quit Smoking Programs

Centre for Addiction and Mental Health (CAMH)

STOP on the Net

10 weeks of NRT mailed to your door



NicotineDependenceClinic.com

.....

Ottawa Model for Smoking Cessation

6 weeks of NRT mailed to your door

 Leave a message at
1-888-645-5405 to enroll.

