

# Quit Smoking Support

August 2023

## Hamilton Public Health Quit Smoking Clinic [Hamilton.ca/QuitSmoking](https://Hamilton.ca/QuitSmoking)

- Counselling by Public Health Nurses and free Nicotine Replacement Therapy (NRT). You must attend counselling sessions to access free NRT.
- Call 905-540-5566 to book an appointment.



## TARP: Tobacco Addiction Recovery Program at St. Joseph's Healthcare Hamilton

- Supports clients with mental health concerns who are interested in reducing and/or quitting.
- Includes counselling and 26 weeks of Nicotine Replacement Therapy (NRT).
- Call 905-522-1155 ext. 39124 or go to [Smoking Cessation | CDCBT \(cdccapacitybuilding.com\)](https://SmokingCessation|CDCBT.cdcapacitybuilding.com)



## Aboriginal Health Centre, De dwa da dehs nye>s (Hamilton & Niagara)

- One-on-one and group support.
- Free Nicotine Replacement Therapy (NRT) if connected with a primary care provider at this site.
- Self-referral: call 905-544-4320 or toll free 1-877-402-4121, ext. 260



## Aboriginal Health Centre, De dwa da dehs nye>s (Brantford)

- One-on-one and group support.
- Free Nicotine Replacement Therapy (NRT) if a connected with a primary care provider at this site.
- Self-referral: call 519-752-4340 or toll free 1-877-402-4121, ext. 348

## Six Nations Health Services

### STOP: no cost NRT

- Appointments are in-person weekly/bi-weekly but may adapt to virtual if needed.
- Can enroll for up to 26 weeks and then can be re-enrolled.
- Amount of NRT dispensed is based on STOP program algorithm.

Individual one-on-one counselling and group programming also available.

### For more information contact:

- Carolynn Chenery, Community Health Promoter [chwhp@sixnations.ca](mailto:chwhp@sixnations.ca)  
Work cellphone: (519) 732-7763
- Taylor Van Velzer, Senior Health Promoter Trainee [chsps@sixnations.ca](mailto:chsps@sixnations.ca)  
Work cellphone: (519) 732-5203



<https://www.snhs.ca/community-health-and-wellness/health-promotion>

## Niagara Region Public Health

- Call 905-688-8248 ext. 7393 and leave a message requesting quit smoking support. Someone will return your call and refer you to a local program for free Nicotine Replacement Therapy (NRT).



## Halton Region Public Health Stop Smoking Clinic

- Counselling by a health care professional certified in tobacco cessation counselling and free Nicotine Replacement Therapy (NRT) such as patches or gum.
- Call 905-825-6000 ext. 7887 to book an appointment.



## STOP on the Net [www.StopOnTheNet.com](http://www.StopOnTheNet.com)

- 8 weeks of free Nicotine Replacement Therapy (NRT) is mailed to you as part of a research study. Participants agree to minimal follow up phone calls.



## University of Ottawa Heart Institute Smoking Cessation Program

- Get 6 weeks of free patches, nicotine lozenges, and behavioural counselling from a healthcare provider
- To be eligible, you must: live in Ontario, be 18 years or older, be a cigarette smoker at time of registration.
- To register, call 1-888-645-5405 and leave your contact information on the voicemail.

## Health 811

- Provides 24/7 health advice including tobacco cessation support and information.
- Dial 811



## Talk Tobacco [www.TalkTobacco.ca](http://www.TalkTobacco.ca)

- 1-833-998-8255 (TALK)
- Available in 16 Indigenous languages. Culturally appropriate, free, confidential support and information about quitting smoking, vaping and commercial tobacco use.
- Access to Quit Coach, live chat, text (text CHANGE to 123456), Quit Map, Quit Calculator, and Facebook group.



## Smokers' Helpline [www.SmokersHelpline.ca](http://www.SmokersHelpline.ca)

- Free, personalized services (French and/or English) including a Quit Plan, quit calculator, a community of quitters and Quit Coaches, e-mail support, text (text iQuit to 123456), and self-help materials.

