

RESOURCES

camh.ca

- For more information on smoking cessation and the STOP program.

SmokersHelpline.ca

- Support available online and by text! Text iQuit to 123456 to register.
- Interactive support, scheduled messages and advice to cope with cravings.

Pregnets.org

- Help and support for moms and moms-to-be in their journey to quit smoking.

Talk Tobacco – Indigenous Quit Smoking and Vaping Support

- Call 1-833-998-8255 (TALK) 7 days a week.
- Free and confidential cessation services available by phone, online chat, and text.
- For more information visit <https://www.smokershelpline.ca/talktobacco/>

On the Road to Quitting

- Download or order your guide to quitting.

One Day, Day 1

- LGBTQ+ focused campaign to raise awareness and provide resources for quitting.

SMARTPHONE APPS

MyChangePlanApp

- This app helps you to develop a personalized quit plan and sends you motivational messages and reminders.

Quash

- Made by youth-for youth.
- Free quit program for vaping and smoking that helps create a plan that works for you.

#StopVaping Challenge

- Challenges you to go as long as you can without vaping.
- Track your cravings and moods, earn badges, and challenge your friends.

CONTACT US

Leeds, Grenville & Lanark
District Health Unit
Cessation Team
1-800-660-5853 ext. 2468 or
quit@healthunit.org

79 Spring St.,
Almonte ON, K0A 1A0

458 Laurier Blvd.,
Brockville ON, K6V 7A3

375 William St.,
Gananoque ON, K7G 1T2

80 Shaver Cres.,
Kemptville ON, K0G 1J0

25 Johnston St.,
Smiths Falls ON, K7A 0A4



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The STOP Program

Smoking Treatment for Ontario Patients (STOP)



A partnership with CAMH and public health to implement a smoking cessation program offered to Ontario patients. The STOP program is funded by the Ontario Ministry of Health, and provides up to 26 weeks of Nicotine Replacement Therapy (NRT), free of charge.

NICOTINE

Nicotine is a highly **addictive ingredient in tobacco** and most vape products.

Nicotine contributes to a person's physical dependence on tobacco or vape products.



What Does Public Health Offer?

The Leeds, Grenville and Lanark District Health Unit offers free **tobacco and vaping cessation counseling** with trained cessation providers. Nicotine Replacement Therapy when appropriate coupled with counseling, doubles the chance of a successful cessation attempt.

NICOTINE REPLACEMENT THERAPY PRODUCTS AND HOW TO USE THEM

**Before using these products, read the product labels and speak to your health care provider or pharmacist about whether these products are right for you.*

PATCH

The patch is a small piece of material that sticks to your skin and slowly releases nicotine in the bloodstream. The patch **reduces withdrawal symptoms** associated with quitting nicotine products like tobacco or vaping.

- Place patch on a dry area of skin above the waist and below the neck.
- Touch only a small corner of the sticky back of the patch.
- Use a different area of skin to apply patch daily.
- Remove old patch prior to applying new one.
- Do not use lotion or moisturizing soap on area the patch is applied, this may interfere with the adhesive.
- If the patch interrupts sleep, it can be removed at night.
- Fold used patches in half and discard old patch out of reach of children and animals.

WARNING: nausea, vomiting, headache, dizziness, cold sweats, tremors, confusion, and muscle weakness may indicate nicotine toxicity, if this occurs remove the patch and seek medical attention

GUM

A **short-acting** form of NRT used for **cravings**. The nicotine is absorbed through the lining of the mouth.

- Chew the gum slowly until the taste becomes strong.
- When the taste is strong, rest the gum between your jaw and cheek. The nicotine is absorbed by your mouth's lining.
- After the taste has faded, resume chewing the gum until the taste becomes strong again.
- Keep repeating steps 2 and 3 for about 30 minutes.

***maximum 20 pieces per day.**

LOZENGE

A **short-acting** form of NRT used for **cravings**. The nicotine is absorbed through the lining of the mouth.

- Place the nicotine lozenge in your mouth.
- Occasionally move the lozenge from one side of your mouth to the other. Do not chew or swallow the lozenge.
- Repeat step 2 until the lozenge dissolves completely (about 10 minutes).

***maximum 20 pieces per day.**

INHALER

The inhaler is another form of **short-acting** NRT that is used for **cravings**. Nicotine from the inhaler is absorbed through the mouth, throat, and upper respiratory tract.

- Line up the markers and pull at each end in the opposite direction.
- Insert the cartridge into the mouthpiece and twist to close securely.
- Bring mouthpiece to your mouth and inhale deeply to the back of your throat or puff in short breaths. Each cartridge last about 20 minutes of frequent puffing.

***maximum 12 cartridges per day.**