



# Quitting Smoking?

Here are some tools to help!

2010

## RESOURCES

### Smokers' Helpline

#### Want to **DOUBLE** your chances of success?

Whether you're thinking about quitting or have already begun the process you can use the Smokers Helpline. It is a free, confidential service staffed by Quit Specialists who can help you in cutting down or quitting. Over 90% of callers say they would recommend the Smokers' Helpline to family and friends.

The Helpline can help whether you're thinking about quitting, ready to quit, or have already tried. They can answer your questions about quitting or anything else smoking-related. They can offer you advice on how to quit, and even help you come up with a personal quit plan including follow-up calls, if you are ready. Or they can just listen if you need to talk about smoking.

You can either call or you can ask your health care practitioner to refer you and the Helpline Quit Specialist will phone you.



Smokers' Helpline: 1-877-513-5333

Mon-Thurs: from 7 am - 8 pm

Friday - Sunday: 8 am - 4 pm

Or

<http://www.smokershelpline.ca/>

Help available 24-7

### Self-help resources:

Some people prefer to quit on their own. A wide variety of materials and resources are available to help, including self-help books, pamphlets and web sites.

The booklet **One Step at a Time**, published by the Canadian Cancer Society, is available at most local health centres or on the Canadian Cancer website.

The booklet, **On the Road to Quitting** is available from Health Canada.

**Websites** for the following organizations have additional information about quitting:

Health Canada

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/index-eng.php>

Canadian Cancer Society

[http://www.cancer.ca/Canada-wide/Prevention/Quit%20smoking.aspx?sc\\_lang=en](http://www.cancer.ca/Canada-wide/Prevention/Quit%20smoking.aspx?sc_lang=en)

Manitoba Health and Healthy Living




<http://www.gov.mb.ca/healthyliving/smoking.html>

Manitoba Lung Association

<http://www.mb.lung.ca/#>



## EVENTS

EVENT	DATE	TIME	LOCATION	COST	CONTACT
<p><b>Want to Quit?</b>  <b>Smoking Cessation Clinic</b>                      45 minute Quit session with Respiratory Therapist &amp; 15 minute QUIT session with Dr. Eskandar. Learn to develop your QUIT plan, deal with your triggers, cope with withdrawal, deal with 'slips', use QUIT medications effectively; spirometry test.</p> <p>Couples may attend together.</p>	 Friday July 23	By Appointment	Lac du Bonnet Health Centre	FREE! 	<p><b>To book your appointment,</b>                      call the                      Doctors' Office                      345-8173</p>
<p><b>Commit to Quit</b>                      You learned to smoke. Now you can learn not to smoke!                      This 6-week quit smoking group program assists participants to learn skills and techniques to be smoke free. Includes smoking patterns, reasons for smoking, reasons to quit, triggers, coping with withdrawal, dealing with 'slips' as well as the use of medications. Presented by a NEHA Primary Health Care Nurse.</p>	 6 Weeks TBA	TBA	Various Locations TBA		<p><b>To register</b>                      or for more information                      call                      345-1220                      or your local                      Wellness                      Facilitator</p>
<p>Why not try carpooling!</p> 