

Quit Smoking Help

PETERBOROUGH

	1-1 Support	Group Support	Phone Support	Internet Support	NRT available	Rx meds available	Age restrictions	Other restrictions
<p>Choose to be... Smoke Free Support Group 705-743-1000, Peterborough Public Health (PPH) PPH hosts a quit smoking support group for women of reproductive age. A \$10 gift card each week for each participant. Help with transportation and childcare may be available. Free nicotine replacement therapy (NRT) may also be available.</p>		✓	Brief Counselling		✓			Women only
<p>Choose to be... Smoke Free One-to-one Counselling 705-743-1000, Peterborough Public Health PPH, Registered Nurse support to quit smoking available Monday mornings and Thursday afternoons. Free NRT may be available.</p>	✓		Brief Counselling		✓			
<p>STOP on the Road 705-743-1000, Peterborough Public Health PPH hosts a 3-hour workshop where eligible individuals receive a group presentation and a no-cost 5-week kit of nicotine replacement therapy (NRT) patches.</p>		✓			✓		18+	30 day quit date
<p>Smokers' Helpline (SHL) 1-877-513-5333 and www.smokershelpline.ca Smokers' Helpline is a free, confidential service for those who want to quit tobacco use or need help staying smoke-free. Phone, online and text messaging services available.</p>	✓		✓	✓				
<p>FHT to Quit Contact your Family Doctor or Nurse Practitioner If your Doctor or Nurse Practitioner is part of a Family Health Team (FHT) you may be eligible to receive free assistance and free nicotine replacement therapy.</p>	✓	For Intake			✓	✓	19+	
<p>Nurse Practitioner Clinic 705-874-3900, VON 360 Clinic Clients of the VON 360 Clinic can receive individual counselling with a Registered Nurse, Pharmacist, Nurse Practitioner or Social Worker along with free nicotine replacement therapy.</p>	✓		✓		✓	✓		
<p>Pharmacy Smoking Cessation Program Contact your local pharmacy Many pharmacists are trained to provide support to people trying to quit smoking including prescribing quit smoking medications. Ontario Drug Benefit Recipients may be eligible for free counseling and medication.</p>	✓				May not be free	May not be free		
<p>Leave the Pack Behind - www.leavethepackbehind.org Leave The Pack Behind (LTPB) offers young adults smoking and quitting information, personalized support, and quitting resources – all for free. Eligible candidates can receive up to 8 weeks of free nicotine replacement therapy.</p>	✓			✓	✓		18-29	
<p>Would U Rather - www.wouldurather.ca Wouldurather is a 6-week quit smoking contest designed specifically for young adults, and post-secondary students regardless of age. All contestants must register with a "buddy." Contestants can also get the nicotine patch or gum for free as part of the contest. Contest registration opens December 1st each year.</p>				✓	✓		18-29	
<p>The MATCH Study - www.MATCHstudy.ca The Medication Aids for Tobacco Cessation and Health (MATCH) Study is an internet-based research study. This study provides 12 weeks of prescription medication at no cost to help eligible participants quit smoking.</p>	✓			✓		✓	19+	30 day quit date

705-743-1000
peterboroughpublichealth.ca



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