

# Quit Smoking Help PETERBOROUGH

	1-1 Support	Group Support	Phone Support	Internet Support	NRT available	Rx meds available	Age restrictions	Other restrictions
<p><b>Choose to be... Smoke Free Support Group</b> 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><b>Choose to be... Smoke Free One-to-one Counselling</b> 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><b>STOP on the Road</b> 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><b>Smokers' Helpline (SHL)</b> 1-877-513-5333 and <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a> 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><b>FHT to Quit</b> Contact your Family Doctor or Nurse Practitioner If your Doctor or Nurse Practitioner is part of the Peterborough Family Health Team (FHT) you may be eligible to receive free assistance and free nicotine replacement therapy.</p>	✓	For Intake			✓	✓		
<p><b>Peterborough Clinic Cessation Support</b> 705-740-6868, The Peterborough Clinic If your Doctor or Nurse Practitioner is part of The Peterborough Clinic Family Health Organization, 26 Hospital Drive, you may be eligible to receive free assistance and free nicotine replacement therapy.</p>	✓	—			✓	✓	—	
<p><b>Nurse Practitioner Clinic</b> 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><b>Pharmacy Smoking Cessation Program</b> 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><b>Leave the Pack Behind - <a href="http://www.leavethepackbehind.org">www.leavethepackbehind.org</a></b> 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><b>Ontario Drug Benefits Recipients</b> If you have an Ontario Drug Benefits card, you may be eligible to receive free prescription medications to help you quit smoking. Contact your health care provider or pharmacist to see if this is the right medication for you.</p>	✓							✓
<p><b>The Non-Insured Health Benefits (NIHB) Program</b> Registered First Nations and Inuit may be eligible to receive free prescription medications and up to 26 weeks of nicotine replacement therapy including the patch, gum, inhaler and/or lozenges. Pharmacies registered with the NIHB Program can bill the Program directly at no expense to you.</p>							✓	✓

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