

Getting Ready to Quit

Set a quit day. Don't wait too long. Plan to keep busy on the quit day and avoid stressful times, like exam period.

Think about the things that make you want to smoke or vape e.g. people, places and activities. Make a plan to deal with these things, especially in the early days.

Quitting can be hard and it may take a few tries before you quit for good. Every quit attempt gets you closer to quitting for good. **Don't quit quitting!**

When you Have a Craving

- Drink Water
- Deep Breaths
- Distract Yourself
- Text/Talk to a Friend
- Stay Busy
- Get Active
- Read a Book
- Go For a Walk
- Chew Gum
- Climb Stairs
- Doodle



Peterborough
Public Health

peterboroughpublichealth.ca
705-743-1000

YOU HAVE WHAT IT TAKES TO QUIT!

THOUGHT ABOUT QUITTING?

Maybe... maybe not?



Quit Smoking and Vaping Support FOR YOUTH PETERBOROUGH



MOBILE PHONE APP

Quash

www.quashapp.com
A judgement-free app to help you quit smoking or vaping – the way you want! Spot your triggers, log your cravings and access tools that will help you stay on track.



ONLINE

NOT AN EXPERIMENT

www.notanexperiment.ca
On-line support for youth to quit vaping. Create and download your personalized quit plan today!

Smokers' Helpline (SHL)

www.smokershelpline.ca
Online and text messaging service for those who want to quit smoking or stay smoke-free.

Talk Tobacco

1-833-998-8255
www.smokershelpline.ca/talktobacco
Culturally appropriate support and information about quitting smoking, vaping and commercial tobacco use for First Nations, Inuit, Metis and urban Indigenous communities.

COUNSELLING

Book an appointment to talk about quitting with a health care provider. (e.g., nurse practitioner, physician, nurse, pharmacist and counsellor)

FHT to Quit

Peterborough Family Health Team Program Coordinator - 705-740-8020

Peterborough Clinic Cessation Support

If your health care provider is part of The Peterborough Clinic - 705-740-6868

Nurse Practitioner Clinic

If your health care provider is part of the Peterborough 360 Clinic - 705-874-3900

Pharmacy Smoking Cessation Program

Many community pharmacists support people trying to quit smoking

TELEPHONE-BASED

Health Connect Ontario

Call 811
Free confidential telephone-based smoking cessation support for those who want to quit smoking or need help staying smoke-free.