

When you are ready to **quit smoking...** there is help for you:

## Quit Options

### Self-Help Materials

There are a variety of brochures, booklets, and websites available to help you work through a quit program on your own. Education and directions are in the resources. These resources can give you the information and skills you need to become tobacco-free. Ones to try:

- [www.gosmokefree.ca](http://www.gosmokefree.ca)
- [www.quit4life.com](http://www.quit4life.com)

### Advice and Support

Your doctor, dentist, pharmacist, or public health centre nurses and staff can all give you information about quitting. Talk to them. The support and information they give you can increase your quit success.

### Smokers' Helpline

*"You can quit. We can help."*

When you call the toll-free Smokers' Helpline at **1-877-513-5333** you'll speak with someone who understands and can help you with:

- Making a quit plan that's right for you
- Coping with cravings
- Managing stress
- Local services and resources

When you visit the online service at [www.smokershelpline.ca](http://www.smokershelpline.ca) you can access many special features including:

- An online discussion forum
- A quit meter to track money saved
- "Quit Buddies" messenger service
- Inspirational emails

## Nicotine Replacement and Quit Medications

### Nicotine Replacement Products\*

Nicotine chewing gum (e.g. Nicorette®), the nicotine patch (e.g. Nicoderm Patch®, Habitrol®), and other similar products are available in Canada. These products provide your body with nicotine to help ease withdrawal symptoms and cravings while you adjust to quitting. A prescription is not required, but the products need to be used properly to be effective (e.g. gum and patch should not be used together), so read the instructions carefully and talk to your doctor or pharmacist.

### Zyban®: Smoking Cessation Pill\*

The smoking cessation pill is available for use in Canada by prescription only. Zyban is a nicotine-free pill that helps to ease withdrawal symptoms. Talk to your doctor or pharmacist for more information.

*\*These medications & others may be covered under your employee health benefits plan.*

### Group Counselling Programs

Have you tried it all and think you've run out of options? This program will help you set up a plan to quit and follow it through. You will look at your reasons for using tobacco, learn new ways to break your habit, and develop the skills that you will need to quit for good.

This intensive group counselling program is offered at the 5 Addictions Services Centres. If you participate in the provincial cessation program, and decide to use stop-smoking medications, the Department of Health will cover a portion of the costs to a maximum of \$75 per year. For more information contact your local Addictions Services Centre (see numbers on back).



Canadian  
Cancer  
Society

Société  
canadienne  
du cancer

I WILL QUIT  
SMOKING. I WILL  
QUIT SMOKING  
AND I WILL QUIT  
TALKING TO MYSELF.



**Talk  
to  
us  
instead.**

**Smokers' Helpline**  
**1 877 513-5333**  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

What have **you**  
got to lose?

Click or call for information on:

- helping someone else to quit
- quitting methods
- withdrawal symptoms
- managing cravings and stress
- dealing with slips and relapses
- asking for support

**you *can* quit  
we can *help***



For more **information** on  
becoming **tobacco-free:**

**Department of Health & Wellness**

Tel: 1-902-368-6171

Web: [www.gov.pe.ca/health](http://www.gov.pe.ca/health)

**Addictions Services Centres**

Souris: 1-902-687-7110

Montague: 1-902-838-0960

Summerside: 1-902-888-8380

Alberton: 1-902-853-0401

Mt. Herbert: 1-902-569-0524

**Canadian Cancer Society – PEI Division**

Tel: 1-902-566-4007

Web: [www.cancer.ca](http://www.cancer.ca)

For more information on alternative therapies available on the Island, such as laser, acupuncture or hypnosis please consult the Yellow Pages of your phonebook.



Health and  
Wellness

There are **many**  
ways to become  
**tobacco-free...**



... the question **is:**  
**what's  
right for  
you?**



**Smokers' Helpline - 1 877 513-5333**

**[www.smokershelpline.ca](http://www.smokershelpline.ca)**