

# Pathfinder Series: Quit Smoking Support

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

## Books

*Kicking Butts: Quit Smoking and Take Charge of Your Health* / American Cancer Society  
Call number: 5.14.14 2010

- helps you turn the tables and kick cigarettes out of your life.
- simple, practical, and specific strategies allow you to create quitting plans that make the most sense for you and offer the best possible chances of long-term success.
- friendly, easy-to-follow format.
- encourages you at every turn, offering motivating, practical quit tips throughout the book.

*Quit Smoking for Life: A Simple, Proven 5-Step Plan* / Suzanne Schlosberg  
Call number: 5.14.13 2014

- easy to follow and straightforward instructions for a five-step plan to quit smoking that is backed by the American Cancer Society.

## Websites

### American Cancer Society: How to Quit Using Tobacco

<https://www.cancer.org/cancer/risk-prevention/tobacco/guide-quit-smoking.html>

- making a plan to quit, types of nicotine replacement therapy, quitting e-cigarettes, and help for cravings and tough situations.
- links to other resources and helpful organizations.



### Build Smoke-Free: Foundations for a Healthier Worksite

[https://www.buildsmokefree.ca/s/?language=en\\_US](https://www.buildsmokefree.ca/s/?language=en_US)

- developed by EllisDon in partnership with the Canadian Cancer Society.
- aims to connect workers who are ready to quit with free resources and information.
- links to helpful videos, nicotine replacement therapy information, an interactive quit course, savings calculator, and much more.



## Hamilton – Quit Smoking

<https://www.hamilton.ca/people-programs/public-health/smoking-vaping/quit-smoking>

- offers helpful tips to consider when making a plan to quit.
- lists community pharmacists, various local programs including text and online programs, the Public Health Services Quit Clinic, and more.



## Health 811

<https://health811.ontario.ca/static/guest/home>

- provides 24/7 health advice including tobacco cessation support and information.
- dial 811



## Quit Now

<https://www.quitnow.ca/>

- an initiative from the BC Lung Foundation, this site and its program has a variety of options, tools, and resources for helping you quit smoking.
- personalized support, online community forums, and the best quit smoking methods.



## Smoke Free Curious

[https://www.smokefreecurious.ca/s/?language=en\\_US](https://www.smokefreecurious.ca/s/?language=en_US)

- asks questions related to quitting smoking and provides the answers.
- links to free self-help tools and resources, testimonials, and phone support.



## Smokers' Helpline

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

- free, confidential service operated by the Canadian Cancer Society.
- healthcare and other partners, help someone quit, quit and win challenge.
- a community forum to connect with others who are quitting, trial offer, non-judgmental Quit Coaches, text message support, and more.



## Talk Tobacco: Indigenous Quit Smoking and Vaping Support

<https://smokershelpline.ca/talktobacco/about>

- aimed at First Nations, Inuit, Metis, and urban indigenous communities.
- free, confidential program offers culturally appropriate support and information about quitting smoking, vaping, and commercial tobacco use.
- links include online community support, text support, a quit calculator, and a live chat feature.



## TARP: Tobacco Addiction Recovery Program at St. Joseph's Healthcare Hamilton

<https://www.cdcapacitybuilding.com/smoking-cessation>

- supports clients with mental health concerns who are interested in reducing and/or quitting.
- counselling and 26 weeks of Nicotine Replacement Therapy (NRT).

