

IT'S CANADA'S TIME TO QUIT SMOKING

Canadian Smoking Cessation Resources

Within Canada, there are many national, provincial and local organizations and support services that specialize in helping smokers quit and “**stay quit**”. In fact, your doctor may recommend smoking cessation support to help increase your likelihood of success.

See these resources for more information and advice†. You should also speak to your doctor or other healthcare provider about available treatment options, support and other resources that may be in your area.

Location	Websites	Toll-free Quitlines
National	www.gosmokefree.ca www.smokershelpline.ca	
British Columbia	www.quitnow.ca	1-877-455-2233
Alberta	www.albertaquits.ca	1-866-33-AADAC 1-866-332-2322
Saskatchewan		1-877-513-5333
Manitoba		1-877-513-5333
Ontario	www.smokershelpline.ca www.teleassistancepourfumeurs.ca www.CNSH.ca	1-877-513-5333
Quebec	www.jarrete.qc.ca	1-866-JARRETE 1-866-527-7383
Newfoundland & Labrador	www.smokershelp.net	1-800-363-5864
New Brunswick		1-877-513-5333
Nova Scotia		1-877-513-5333
Prince Edward Island		1-888-818-6300

† The organizations and websites listed are provided for informational purposes only. The listing does not indicate the existence of any partnership, affiliation, product endorsement, or sponsorship relationship of any party.