

Getting Help to Quit Smoking

When you are ready to quit smoking, you don't have to do it alone. This handout offers information on the programs and supports available to help you quit smoking. Making a quit plan and getting help increases your chances of quitting and staying smoke free.

Programs and supports available to help you quit smoking

1. Health811

Call Health Connect Ontario at 811. This is a free, confidential telephone-based service available 7 days a week.

2. Family doctor or nurse practitioner

Ask your family doctor or nurse practitioner if they offer counselling or nicotine replacement therapy to help you quit smoking.

3. Pharmacist

Many Ontario pharmacists are trained in counselling to help you quit smoking.

4. Public Health

Public Health Unit websites offer information to help you quit smoking. Search for 'quit smoking'. Call the Public Health Unit closest to you to talk to a public health nurse.

- Region of Durham Public Health, call 1-800-841-2729. Website: durham.ca
- Lakelands Public Health (City of Kawartha Lakes, the County of Haliburton, Northumberland County, and the City and County of Peterborough) call 1-866-888-4577. Website: lakelandsph.ca
- Toronto Public Health, call 416-338-7600. Website: toronto.ca

5. Smoker's Helpline

Offers telephone and online support. Call 1-866-797-0007 to talk to a quit coach. You may qualify for a free trial of Nicotine Replacement Therapy. For more information or to register, go to the website found at smokershelpline.ca

6. Talk Tobacco

Offers free support and information about quitting smoking, vaping and commercial tobacco use to First Nations, Inuit, Métis and Urban Indigenous communities. Call 1-833-998-8255 to talk to a quit coach. An online chat and text support is also available. For more information, go to the website found at smokershelpline.ca/talktobacco.

7. Quit Smoking Map

Find support to quit smoking or vaping close to your home on the csl.cancer.ca/smokershelpline/en website.

More information to help you quit smoking

1. Cancer Care Ontario

Watch videos and complete online learning to help you quit smoking. Go to the website found at cancercareontario.ca/en/Quitting-Smoking

Watch these videos to learn more about why it is important for you to quit smoking:

- You can quit smoking: youtube.com/watch?v=scKrYJ5WuoU
- It is never too late to quit smoking: youtube.com/watch?v=NO-IXFpo-5k

For information about vaping and your health, go to the Cancer Care Ontario website at and search 'vaping'.

- [Vaping and Your Health](#)
- [Vaping and Your Health for First Nations, Inuit, Métis and Urban Indigenous Peoples](#)

2. Canadian Cancer Society

Read the One Step at a Time: You Can Quit booklet found on their website at cancer.ca under 'publications'.

3. Lung Health Foundation

Download the Journey to Quit: A Workbook to Help You Quit Smoking from their website found at lunghealth.ca. Search 'quit smoking or vaping'. Call 1-888-344-5864 to talk to Certified Respiratory Educator for smoking cessation counselling.

4. The Canadian Lung Association

Read information on steps to quit smoking on their website found at lung.ca. Search 'quit smoking or vaping'.

Medications to help you quit smoking

Ask your pharmacist, family doctor or nurse practitioner about Nicotine Replacement Therapy (NRT) as a choice for you. Some NRT is available without a prescription while others require a prescription. This means you can buy them over the counter. Your private health insurance or some government programs may help with these costs. You need to qualify for the government programs.

The government programs include:

- Ontario Drug Benefit (ODB) Program
- Ontario Disability Support Program (ODSP)
- Non-Insured Health Benefits (NIHB) Program for First Nations and Inuit People

Talk to a member of your healthcare team if you have questions or do not understand any information in this handout.

This handout was created by the Patient Education Program at the Durham Regional Cancer Centre/Lakeridge Health. It was last reviewed in June 2026.