



## Community Tobacco Cessation Referral List

### Intervention Clinics/Support Groups

Name	Contact Information	Details
<b>Smart Health Medical Clinic</b>	Dr. Howard Wu Smart Health Medical Clinic Unit 8 55 Harvest Moon Drive Markham ON L3R 4C3 Tel #: 905-948-9738 Fax#: 905-948-9740	Physician consultation, counselling, medications. Covered by OHIP
<b>Centre for Addiction and Mental Health Nicotine Dependence Clinic</b>	416-535-8501 Ext. 6128-To book an assessment 416-535-8501 Ext. 6019- For more information <a href="http://www.camh.net">www.camh.net</a>  Russell Street Site: 33 Russell Street (Russell and Spadina) Toronto, ON M5S 2S1  Brentcliffe Site: 175 Brentcliffe Road (Laird and Brentcliffe) Toronto, ON M4G 3Z1  Queen Street Site (For inpatients or outpatients at the Queen Street site of CAMH): 1001 Queen Street West Toronto, ON M5T 1R8	This clinic offers one to one counselling, support groups, and medical interventions. Various Toronto sites are used for treatment. Call for an assessment. Covered by OHIP
<b>The Quit Clinic</b>	416-222-6160 4646 Dufferin Street, Unit 5. (Closest intersection: Dufferin and Finch)	Physician counselling service including cardiovascular disease screening and rehabilitation. Service available in English and Russian. Covered by OHIP



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### Intervention Clinics/Support Groups Continued

Name	Contact Information	Details
<b>Quit for Life Clinic, St. Joseph's Health Centre</b>	Family Medicine Clinic, 30 The Queensway, Toronto 416-530-6000 Ext. 6860.	Smoking Cessation Clinic. One-on-one with doctor. Also offer services for pregnant smokers. Self-referral. Covered by OHIP
<b>Youth Substance Abuse Program</b>	YMCA 485 Queen Street W. 3 <sup>rd</sup> Floor , Toronto– 416-504-1710 Ext. 206	Individual substance use counselling including nicotine use for youth ages 16-24. Harm reduction approach. Services available in English, French, Spanish and Portuguese. No charge
<b>Smoker's Helpline Online Canadian Cancer Society</b>	<a href="http://www.cancer.ca/smokershelpline">www.cancer.ca/smokershelpline</a>	<b>On-Line</b> Support Group mediated by health professionals.



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### Self-Help Materials

Name	Contact Information	Details
<b>Canadian Cancer Society of Ontario</b> Self-help booklets, “One Step at a Time”.	Smokers’ Helpline: 1-877-513-5333 <a href="http://www.cancer.ca">www.cancer.ca</a>	Materials for smokers who want to quit, smokers who do not want to quit and for friends of smokers.
<b>Ontario Lung Association</b> Self-help guide “Get on Track”	1-800-972-2636 <a href="http://www.on.lung.ca">www.on.lung.ca</a>	Also carry other helpful pamphlets. Free
<b>Canadian Public Health Association</b> Stop Smoking: A program for Women.	613-725-3769 <a href="http://www.cpha.ca/hrc">www.cpha.ca/hrc</a>	For adult women, program and video. Cost
<b>On the Road to Quitting, Health Canada</b>	<a href="http://www.gosmokefree.ca">www.gosmokefree.ca</a> Order on-line	Information on smoking and quitting for adults.

### Telephone Help Lines

Name	Contact Information	Details
<b>Smoker’s Helpline, Canadian Cancer Society</b>	1-877-513-5333 <a href="http://www.smokershelpline.ca">www.smokershelpline.ca</a>	Confidential one-to-one information, advice and support on smoking cessation. Services in English or French, Monday to Thursday 8:00am to 9:00pm. And Friday 8:00am to 5:00pm. Free



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### Websites

Name	Contact Information	Details
<b>Go Smoke Free</b>	<a href="http://www.gosmokefree.ca">www.gosmokefree.ca</a> Look under the Quit Smoking link.	Information on quitting <b>products</b> .
<b>Smoker's Helpline Online Canadian Cancer Society</b>	<a href="http://www.cancer.ca/smokershelpline">www.cancer.ca/smokershelpline</a>	An interactive Quit Smoking site that identifies your stage in the quitting process, offers online support and tracks your personal benefits of quitting in real time.
<b>E-Quit</b>	<a href="http://www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/e-quit">www.hc-sc.gc.ca/hecs-sesc/tobacco/quitting/e-quit</a>	Health Canada Web site sends daily messages for 8 weeks to help in the quitting process.
<b>Proud to Quit</b>	<a href="http://www.proudtoquit.ca">www.proudtoquit.ca</a>	A quit site for gay, lesbian, bisexual, and transgender smokers. Information on quitting process and stop smoking aids, as well as a downloadable quit kit.
<b>Pregnets</b>	<a href="http://www.pregnets.org">www.pregnets.org</a>	Information about smoking and pregnancy for <b>pregnant women</b> and healthcare providers.
<b>Quit4Life</b>	<a href="http://www.quit4life.com">www.quit4life.com</a>	Health Canada. Information about quitting smoking for <b>ages 12-18</b> . French and English.
<b>Smoking Zine</b>	<a href="http://www.smokingzine.org">www.smokingzine.org</a> <a href="http://www.smokingzinegb.org">www.smokingzinegb.org</a> (Simplified Chinese) <a href="http://www.smokingzinebig5.org">www.smokingzinebig5.org</a> (Traditional Chinese)	TeenNet at University of Toronto. Games and quizzes help <b>youth</b> understand why they smoke and why they would want to stop
<b>Stupid.ca</b>	<a href="http://www.stupid.ca">www.stupid.ca</a>	An interactive site for youth to explore and discuss the tobacco industry and the effects of smoking. Ministry of Ontario.
<b>Smoke-FX</b>	<a href="http://www.smoke-fx.com">www.smoke-fx.com</a>	An interactive site targeted toward <b>youth</b> to provide info on smoking, smoking-related laws and links to other sites.
<b>Ontario Association of Naturopathic Doctors</b>  <b>Canadian Hypnotherapy Association</b>	<a href="http://www.oand.org/">www.oand.org/</a> 416-233-2001  <a href="http://www/cdnhypnotherapyassoc.com/">www/cdnhypnotherapyassoc.com/</a>	While York Region Health Services does not recommend or endorse non-medical treatment options, these are Professional Associations that can provide information for those interested in <b>naturopathic and/or alternative treatments</b> for smoking cessation such as <b>Laser, acupuncture and/or hypnosis</b> for example.

Updated July 19, 2007