

Cost-Free Tobacco Intervention Services in York Region

ASK about tobacco use at every opportunity

ADVISE all tobacco users to quit

ARRANGE referral

COMMUNITY HEALTH CARE PROVIDERS

Clients receive up to 26 weeks of cost-free nicotine replacement therapy (NRT) and counselling.

FOR ANY ADULTS IN ONTARIO

Vaughan Community Health Vaughan Site:

9401 Jane St. Call 905-303-8490 ext. 2

Vaughan Community Health Centre Keswick Site:

716 The Queensway South Call 905-476-5621

Health for All Family Health Team Markham:

379 Church Street, Markham Call 905-472-2200

FOR ROSTERED CLIENTS ONLY

Georgina Nurse Practitioner Led Clinic
Southlake Family Health Team
Aurora-Newmarket Family Health Team
Markham Family Health Team
Carefirst Family Health Team (Richmond Hill)
Woodbridge Family Health Team
Addiction Services for York Region

OTHER COST-FREE YORK REGION TOBACCO INTERVENTION SERVICES



STOP on the Road

Clients 18 years and older can attend a one-time group workshop to receive five weeks of cost-free NRT.

Call York Region Public Health to register 1-877-464-9675 ext. 73052



York Region Public Health

Contact to learn more about new and upcoming services and receive NRT coupons.
Call **1-877-464-9675**
ext. 73052 or visit york.ca/tobacco

OTHER WAYS TO ACCESS TOBACCO INTERVENTION SERVICES

Clients Receiving Ontario Drug Benefit (ODB)

A 12 week course of Champix or Zyban is covered by ODB once every 12 months and can be prescribed by a physician, pharmacist or nurse practitioner.

Private Health Insurance

Clients can call to find out whether smoking cessation medications are covered

First Nation and Inuit Clients

Nicotine Patch:

Up to 252 nicotine patches in a 12 month period

AND

One course of an as-needed nicotine replacement therapy product (i.e. gum, lozenge or inhaler) in a 12 month period

Champix: Up to 165 cost-free tablets in 12 mos

Zyban: Up to 180 cost-free tablets in 12 mos

Any person can be referred to Telehealth Ontario or Smokers' Helpline for quit smoking support:

Telehealth Call: 1-866-797-0000 | Smokers' Helpline for Online/Text/Email Support: smokershelpline.ca

Your prescription for a tobacco-free life

COST-FREE OPTIONS ARE AVAILABLE

Family Health Team (FHT) or Nurse Practitioner Led Clinic (NPLC)

- If you belong to a FHT or NPLC you may be eligible for up to 26 weeks of cost-free NRT and counselling

Health For All Family Health Team Markham (Up to 26 weeks of counselling + nicotine replacement therapy)

- Any Markham resident eligible
- Call 905-472-2200

Vaughan/Keswick Community Health Centre (Up to 26 weeks of counselling + nicotine replacement therapy)

- **Vaughan Site** Call 905-303-8490 (any Ontario resident eligible)
- **Keswick Site** Call 905-476-5621 (any northern York Region resident eligible)

Addiction Services for York Region (Up to 26 weeks of counselling + nicotine replacement therapy)

- For existing clients only

STOP on the Road (One time group session + five weeks of nicotine replacement patches)

- 18 years or older
- Call York Region Public Health to see if you are eligible 1-877-464-9675 ext. 73052 or visit york.ca/tobacco

Ontario Drug Benefit Recipients

- 12 week course of prescription Champix or Zyban once every 12 months

Private Health Insurance

- Call your insurance provider about coverage

First Nations or Inuit Individuals

- May be eligible for nicotine replacement therapy, Champix or Zyban

Telehealth Ontario & Smokers' Helpline provides support and information:

Telehealth Call: 1-866-797-0000 |

Smokers' for Online/Text/Email Support: smokershelpline.ca

YOUR QUIT SMOKING PLAN

List the reasons why you want to quit:

- | | |
|--|--|
| <input type="checkbox"/> Relationships | <input type="checkbox"/> Money |
| <input type="checkbox"/> Health | <input type="checkbox"/> Harming others with second hand smoke |
| <input type="checkbox"/> Stigma | <input type="checkbox"/> Other: |

Understand why you smoke:

- | | |
|---------------------------------|----------------------------------|
| <input type="checkbox"/> Social | <input type="checkbox"/> Boredom |
| <input type="checkbox"/> Stress | <input type="checkbox"/> Other: |

Become aware of your triggers:

- | | |
|---|---------------------------------|
| <input type="checkbox"/> When you wake up | <input type="checkbox"/> Coffee |
| <input type="checkbox"/> Others who smoke | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Certain activities | <input type="checkbox"/> Other: |

(e.g. driving, drinking alcohol)

Deal with triggers. Start with small steps:

- | | |
|---|---|
| <input type="checkbox"/> Make home/car smoke-free | <input type="checkbox"/> Drink cold water as an alternative |
| <input type="checkbox"/> Avoid settings with smoking | <input type="checkbox"/> Talk with someone for support |
| <input type="checkbox"/> Change routines (e.g. drink tea instead of coffee) | |

Set a quit date:

My quit date is: _____

Consider quit smoking medications to manage withdrawal:

- | |
|---|
| <input type="checkbox"/> Talk to your health care provider about quit smoking medications |
| <input type="checkbox"/> Consider tools and support to help you quit |

Help is available by phone 1-866-797-0000 & online at smokershelpline.ca

For more information call **York Region Public Health** at
1-877-464-9675 ext. 73052 or visit york.ca/tobacco