



Congratulations!

By picking up this pamphlet you have taken a big step towards quitting smoking.

It is important to choose a method that is right for you. This pamphlet will give you tips and information to help you quit.

Remember

- Quitting is not easy, but it is worth the effort
- Don't give up.....you may have to try more than once

Where can I get help?

Tobacco Information Line
 Region of Waterloo Public Health
519-883-2279
www.region.waterloo.on.ca/ph

Resource Centre
 Region of Waterloo Public Health
 99 Regina St. South, Waterloo
519-883-2256
www.region.waterloo.on.ca/ph
 (Click on "Resource Centre")

Smokers' Helpline
1-877-513-5333
www.smokershelpline.ca

Smoker's Anonymous
519-578-6681

Other sources of information:

- Nurse, Physician, Pharmacist
- Other health care professional
- Employee Assistance Program
 - Community health centre
 - Health clinics
 - Library

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SO YOU WANT TO

Quit

Smoking...

... a guide to what
 is available in
 Waterloo Region



Ways to Quit

Try different ways to quit smoking...

- quitting on your own
- self-help materials
- individual counselling
- group programs
- stop smoking medication

...the choice is yours.

Tips to HELP YOU Quit smoking

- ✓ List reasons for quitting
- ✓ Keep track of your smoking
- ✓ Make a quit plan
- ✓ Set a quit date
- ✓ Tell family and friends how they can help
- ✓ Change your smoking routine
- ✓ Keep track of your “triggers” for smoking
- ✓ Find other ways to deal with stress
- ✓ Practice quitting
- ✓ Believe in yourself



What Medications Can Help Me Quit Smoking?

Stop smoking medications can help to reduce cravings and withdrawal symptoms. They work best when used with other ways to quit.

Talk to your doctor, pharmacist or nurse about:

- Nicotine patch
- Nicotine gum
- Nicotine inhaler
- Medication ordered by your doctor