

Are you interested in quitting smoking?

We can help. Start here.

- Here is a list of suggested resources for quitting smoking.
- Please contact us with any questions at smokingcessation@sunnybrook.ca.
- This is not medical advice; please ask your healthcare team about specific questions or concerns.

Sunnybrook Resources	<p>“Quit Smoking Tips” class in the PEARL (Odette Cancer Centre, 1st Floor)</p> <ul style="list-style-type: none">• This class is offered the 2nd Wednesday of every month from 1:30 to 2:30• Register at 416-480-4534 or at patienteducation@sunnybrook.ca <p>Tobacco Addiction Treatment and Support</p> <ul style="list-style-type: none">• Once a week for 6 weeks• Available for both patients and their partners• Will provide education/motivation/skills/support• Call for a brief assessment at 416-480-4624 <p>Sunnybrook Ambulatory Patient Pharmacy Room M1-101</p> <ul style="list-style-type: none">• Your pharmacist can provide counselling and tools to help you quit• If you are interested, call 416-480-4502
Community Resources	<p>Smoker’s Helpline is a confidential service offering personalized tools to help you quit.</p> <ul style="list-style-type: none">• Free support, advice and information in many different languages• Help is available by phone, online and through text messaging• Contact at 1-877-513-5333 or www.smokershelpline.ca <p>Toronto Public Health (TPH)</p> <ul style="list-style-type: none">• TPH provides free “quit smoking” workshops in various community locations• Participants will receive a five-week course of nicotine patches• To find out if you can attend this program contact 416-338-7600 <p>Nicotine Dependence Clinic at the Centre for Addiction and Mental Health (CAMH)</p> <p>Personalized treatment, including:</p> <ul style="list-style-type: none">• Weekly support groups & medical consultation• Nicotine replacement therapy (NRT) and other smoking cessation medications• Contact at 416-535-8501 x. 77400 <p>Community Pharmacies</p> <ul style="list-style-type: none">• Speak to your local pharmacist about quitting smoking

Quit Smoking

<p>Booklets</p>	<p>For Smokers Who Want to Quit (Canadian Cancer Society 2014)</p> <p>This booklet has information, activities and tools to help guide you through the process of quitting and support you in reaching your goal of becoming smoke free. Look for a copy in the PEARL, 1st floor at the Odette Cancer Centre.</p> <p>Thinking about quitting smoking and need help? Talk to your pharmacist! (Sunnybrook pamphlet).</p> <p>This resource describes the services offered by pharmacists at Sunnybrook to help you quit smoking. The program includes 9 free sessions to provide counseling and tools to help you quit.</p>
<p>Websites and Videos</p>	<p>“What is the single best thing you can do to quit smoking?” Dr. Mike Evans explores what works and what doesn’t work when thinking about quitting smoking. http://www.evanshealthlab.com/smoking/</p> <p>“Thinking of quitting smoking? Tips and strategies to make it happen!” This interactive video is available at: http://sunnybrook.ca/content/?page=tips-strategies-quit-smoking-module.</p> <p>Health Canada’s website contains information on getting ready to quit, how you can help a loved one stay quit, staying smoke-free and keeping your kids smoke-free. Available at: www.gosmokefree.ca.</p>
<p>Books</p>	<p>“Easy Way to Stop Smoking” by Allen Carr</p> <p>This book may change the way smokers think and feel about smoking, so the desire to smoke is removed.</p>
<p>Other Health Issues</p>	<p>The Lung Association - Journey2Quit</p> <p>This workbook is divided into three sections to help you get ready, get set and go on your journey to quit smoking. You can do it at your own speed and in your own way. This guide can help you make a quit plan. Access this at: http://www.on.lung.ca/journey or call 1-888-344-LUNG (5864)</p> <p>Heart and Stroke Foundation – Smoking, heart disease and stroke</p> <p>Access information at: http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.3484037/k.52E5/Heart_disease__Smoking.htm</p>