



Tobacco Reduction Resources

There are a number of resources available to help when you're ready to think about quitting tobacco use, including telephone support, online programs and resources, print resources, and in-person support:

Telephone Support: Smokers' Helpline

Smokers' Helpline offers telephone counselling – call: 1-877-513-5333

Online Programs and Resources:

Smoker's Helpline online quit program: www.smokershelpline.ca

QuitNow.ca: www.quitnow.ca

QuitPath.ca: www.quitpath.ca/quitting/index.php

Canadian Lung Association website: <http://www.lung.ca/quit>

Manitoba Lung Association's Journey to Quit Workbook: http://www.mb.lung.ca/pdfs/Journey2Quit_Aug_2012.pdf
(also available as a print resource – call: 204-774-5501)

Canadian Cancer Society's One Step at a Time: <http://quit.smokershelpline.ca/custom/selfhelp.aspx>
For smoker's who do or don't want to quit (also available as a print resource – call: 204-774-7483)

Health Canada advised Canadians to not use Electronic cigarettes: http://www.healthycanadians.gc.ca/recall-alert-rappel-avis/hc-sc/2009/13373a-eng.php?_ga=1.98178207.1617090646.1411141759

In-Person Support:

Kick Butt Program at the Wellness Institute at Seven Oaks Hospital, 1075 Leila Ave
(204) 632-3900: <http://sogh.ca/wellness/managing-chronic-conditions/smoking-cessation/>



Tips to Quit Smoking: Quit Planning Basics

- Make a list of reasons to quit smoking
- Speak with your doctor or pharmacist about what medications are available to help you quit smoking (use of medications such as patches, nicotine gum, Champix and others more than double your chances of quitting successfully)
- Set a quit date
- Tell your family, friends and coworkers about your quit date and ask them to support you
- Know your smoking triggers: Make a list of the times of the day, places or experiences do you usually associate with having a cigarette?
- Plan to manage your smoking triggers: Make a list of ways to distract yourself or change your routines to manage triggers
- Plan ways to avoid as many triggers as possible, especially the first few months after quitting: avoid caffeine and alcohol; avoid the store where you usually purchase tobacco; avoid social settings where you'll find it hardest not to smoke
- Clean your home, car and workplace, and get rid of tobacco, ashtrays, etc.
- Make friends with non-smokers
- Change your routines:
 - Spend time in smoke-free places
 - Brush your teeth after meals
- Plan healthy ways to distract yourself and keep busy:
 - Keep a supply of vegetable sticks, toothpicks, sugar-free gum and sugar-free candy near by
 - Try 2 other ways to handle stress beside smoking, for example exercise – start with a 30 minute walk each day
 - Practice deep breathing exercises and meditation
 - Try a new hobby
- Eat healthy – use *Canada's Food Guide*
- Do something you enjoy each day

Worksheets to walk you through many of the above steps for quitting smoking can be found on the WRHA website. For a full listing of web-based patient resources see:

<http://www.wrha.mb.ca/healthinfo/preventill/tobacco/resources.php>

