

Explore our free services and be empowered to become smoke-free and vape-free for good.



"I just celebrated **four years smoke-free**. If you are thinking about quitting, Smokers' Helpline is the way to go. It will be one of the best choices you will make for yourself. Thank you, **Smokers' Helpline**, for supporting me – and all of us!" ~ Lisa



ONLINE: SmokersHelpline.ca

Chat directly with a Quit Coach on our website Live Chat during business hours, and join our online community. Once you register you can:

- Share your experiences and chat with other people in the online forums that is open 24 hours a day, 7 days a week
- Work through helpful exercises tied to the milestones of your quit journey
- Draw inspiration from the successes of other people who have quit



TEXT*: Text 'iQuit' to the number 123456

As soon as you sign up you can expect:

- Tailored messages for whether you are quitting smoking, or vaping, or both!
- To receive support on the go with text messages based on your quit date or if you are thinking about quitting
- A set of keywords that you can text us when you need extra inspiration such as CRAVING, STRESS or SLIP
- To be able to live chat with one of our Quit Coaches through text during our business hours

Available only to residents of Ontario, Saskatchewan, and Manitoba. This is a free service. You will NOT be charged text message fees.



FREE RESOURCES

Every quit attempt is an opportunity to learn. Don't quit quitting, stay in touch so you don't miss out on:

- Free self-help booklets
- Contests you can enter to quit & win prizes
- Knowing where and how you can access nicotine replacement therapy (e.g. gum or patch)

"SmokersHelpline.ca gave me more information about coping with quitting than I had seen before. I liked having all the information at my fingertips and reading what was being said on the message board. It helped knowing other people were going through the same things as me" ~ **Brenda**

