

Smoking and Vaping Cessation are your most powerful preventative health interventions



3 in 5 people who smoke intend to quit in the next 6 months; **only 2% are successful without assistance.**



You encounter people at **teachable moments** when they may be more inspired to make a change.



Advice from a health professional can increase success with quitting by **up to 30%.**

Brief contact interventions can powerfully motivate patients to make a quit attempt. Follow the 3 A's:

A

ASK about tobacco use at every visit – “Have you used any form of tobacco in the last 7 days?”

A

ADVISE your patient to quit: “Quitting smoking or vaping is the best thing you can do for your health.”

A

ARRANGE for additional cessation support by directly referring to Smokers' Helpline.

Smokers' Helpline can be used on its own or as a seamless adjunct to clinical intervention

28%

of people who call Smokers' Helpline **QUIT SUCCESSFULLY**

94%

of clients would recommend Smokers' Helpline to a friend in need

90%

of our clients took an action toward quitting

Support, combined with nicotine-replacement or medication, can more than

TRIPLE

one's chances of staying **QUIT FOR GOOD**

60%

of people said they would not have called SHL had Smokers' Helpline not called them

Referring your patients to Smokers' Helpline eliminates the need for them to call us, and allows for a Quit Coach to contact the patient to provide counseling

Visit smokershelpline.ca/partner

to use our online or fax referral form

Smokers' Helpline will take it from there!



“I’m happy to be a partner with Smokers' Helpline. I’m confident that my clients are getting the support they need that I don’t always have time to provide.” ~ Primary Care Referral Partner

