

smokers' helpline

YOU CAN QUIT.
WE CAN HELP.

THINKING OF QUITTING SMOKING OR VAPING?

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



**PHONE
SUPPORT**

1-877-513-5333



**TEXT
SUPPORT**

Text 'iQuit' to 123456



**ONLINE
SUPPORT**

on SmokersHelpline.ca

FREE AND CONFIDENTIAL



"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



Canadian
Cancer
Society

IT IS NEVER TOO LATE TO QUIT!

Call us 7 days a week: 1-877-513-5333

SmokersHelpline.ca

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