

smokers' helpline

FREE* TEXT SUPPORT

We can help you quit smoking, vaping, or both!

I'm ready
to quit
vaping! 🙄

We are here
to help you
every step
of the way



TEXT
iQuit
TO 123456

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

IT IS NEVER TOO LATE TO QUIT!

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

smokershelpline@ontario.cancer.ca

SmokersHelpline.ca

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