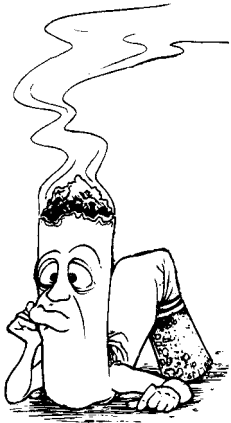


Quit smoking Resources

Telephone Quit Line
Material to Use On Your Own
Individual Counselling
Group Support



Telephone Quit Line



Quit Now Helpline **1-877-455-2233**

- Free, confidential service provided by Quit Specialists
- Advice, information and support for quitting smoking
- One Step At A Time booklets can be mailed, free of charge, to your home
- 24/7 service

Drug Therapy



Nicotine gum or nicotine patch (under several brand names) is available without a prescription at local pharmacies

Zyban (bupropion) is a pill that is available only by a doctor's prescription.



Material to Use on Your Own

BC Lung Association **1-800-665-5864**

- Provides individual support and Freedom from Smoking package can be mailed free of charge, to your home
- www.bc.lung.ca

General websites for quitting advice:

www.gosmokefree.ca

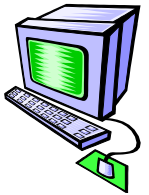
www.stop-tabac.ch

www.cancer.ca

www.quitnow.ca

www.sk.lung.ca/smoking/

www.stopsmokingcenter.net



Teen websites for quitting advice:

www.cyberisle.org

www.quit4life.com

www.tobaccofacts.org

Group Support

Butt Out 363-5504

- Nine session, three-month program
- Available to Military personnel and their dependents
- <http://www.dnd.ca/health/services>



Catching Our Breath 360-5600

- No-cost program for women who want to change their smoking
- Call for more information

VIHA's Mental Health Quit Smoking Program 370-8126

- 6-week program designed to address the unique needs of mental health clients

Kick the Nic 360-1450

- Teen quit smoking program
- Offered through schools
- Call to get a program running at your school or community centre

Nicotine Anonymous 360-1450

- 12-step support program for all ages
- www.nicotine-anonymous.org or call for current locations and times

DISCLAIMER: The effectiveness of each strategy has not necessarily been scientifically proven. VIHA shall not be held liable for any damage claims, liabilities, costs or obligations arising from the use or misuse of the information contained on these sheets.

To talk to a Public Health Nurse about quitting smoking call your local health unit

Tobacco Control Program 360-1450

www.viha.ca/mho/Tobacco

Individual Counselling

BC Doctors Stop Smoking Program 1-800-665-2262

- Your family doctor can help you quit
- www.bcdssp.com

Central Island Smoking Intervention Clinic (CISIC) (250) 714-9164

- Individual and group counseling for quitting smoking
- Located in Nanaimo
- www.cisic.ca

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Acupuncture:

Accu-Detox for Stopping Smoking (cost)
885-8519

AIDS Vancouver Island (free)
384-2366

Dr. L. Leong (cost)
384-3241

East-West Health Centre (cost)
384-4350

Victoria Naturopathic Clinic (cost)
382-1223

Wilson Acupuncture (cost)
383-6383

Hypnosis:

Island Hypnosis (cost)
360-0447

Walsh Seminars (hypnosis)
1-866-674-3510