

COST-FREE TOBACCO INTERVENTION SERVICES IN YORK REGION

SERVICE	DESCRIPTION	CONTACT INFORMATION
FOR ANY ADULTS IN ONTARIO		
Vaughan Community Health Centre (Vaughan Site)	Any residents of Ontario may be eligible to receive up to 26 weeks of cost-free nicotine replacement therapy and counselling through either location of this organization	Call: 905-303-8490 ext. 2
Vaughan Community Health Centre (Keswick Site)		Call: 905-476-5621
STOP on the NET	Ontario clients 18 years of age and older may be eligible to receive 10 weeks of cost-free nicotine replacement therapy	Register online at: www.nicotinedependenceclinic.com
Ottawa Heart Institute	Ontario clients may be eligible to receive 6 weeks of cost-free nicotine replacement therapy which can be used alone or to extend the above STOP on the Net program	Call: 1-888-645-5405
Smokers' Helpline	Free telephone, online and text support. Sample packs of nicotine replacement therapy may also be available	Call: 1-866-641-7675 Online: smokershelpline.ca Text iQuit to: 123456
FOR ROSTERED CLIENTS ONLY		
Georgina Nurse Practitioner Led Clinic	Clients who belong to any one of these organizations may be eligible for up to 26 weeks of cost-free nicotine replacement therapy and counselling	If you belong to one of these organizations, call to inquire about available cessation services
Southlake Family Health Team		
Aurora-Newmarket Family Health Team		
Markham Family Health Team		
Carefirst Family Health Team (Richmond Hill)		
Woodbridge Family Health Team		
Addiction Services Central Ontario		
Health for All Family Health Team Markham	For rostered clients OR anyone who has a family doctor or nurse practitioner located in Markham or Stouffville	Call: 905-472-2200

TOBACCO-FREE LIVING PROGRAM

1-877-464-9675 x 73037

TTY 1-866-512-6228

york.ca/tobacco

22-5564



York Region

OTHER WAYS TO ACCESS TOBACCO INTERVENTION SERVICES

York Region Public Health	Call or email to inquire about new or upcoming services	Call: 1-877-464-9675 ext. 73037 Email: tobaccofreeliving@york.ca Online: York.ca/tobacco
Ontario Drug Benefit (ODB)	A 12-week supply of Champix or Zyban is covered by ODB once every 12 months	Inquire with your physician, nurse practitioner or pharmacist about whether a prescription is right for you
Private Health Insurance	Some private health insurance providers cover smoking cessation medications	Call your insurance provider to inquire

FOR FIRST NATIONS, INUIT AND METIS CLIENTS

First Nation and Inuit Clients	<p>Nicotine Patch: Up to 252 nicotine patches in a 12-month period AND</p> <p>Short Acting Nicotine Replacement Product: Supply of an as-needed nicotine replacement therapy product (i.e. gum, lozenge or inhaler)</p> <p>Champix: Up to 165 cost-free tablets in 12 months Zyban: Up to 180 cost-free tablets in 12 months</p>	Inquire with your pharmacist or health care provider about coverage
Talk Tobacco (A Resource for First Nations, Inuit, Metis and Urban Indigenous Clients)	Talk Tobacco provides free and confidential services offering culturally tailored support and information about quitting smoking or vaping. Designed with input and guidance from First Nation, Inuit, Métis and urban Indigenous leaders, partners, community members and health care providers	<p>Phone: 1-833-998-TALK (8255)</p> <p>Chat: use live chat pop-up box on website</p> <p>Email: talktobacco@cancer.ca</p> <p>Website: smokershelpline.ca/talktobacco</p>

APPS

QUASH	Judgement-free app for youth and young adults ages 14-30 years of age to help with quitting smoking or vaping	Download from the App Store or get it on Google Play
My Change Plan	Available as a free online booklet or app that helps you quit or reduce smoking. Developed by clinicians and researchers at the Centre for Addiction and Mental Health (CAMH)	<p>Booklet: My Change Plan Edition 8.pdf (nicotinedependenceclinic.com)</p> <p>App: Download from the App Store or get it on Google Play</p>