







# Resources

## Counselling

Some people find it helpful to meet with a quit-smoking counsellor or coach in person or by phone. Another option is joining a quit smoking group, in person or online.

Quit lines, such as Smokers' Helpline and Nunavut Smokers' Helpline, more than double the chance of quitting.

**To find a quit-smoking counsellor or group in your community, call or visit the helplines below:**

### Ontario Smokers Helpline

[www.smokershelpline.ca](http://www.smokershelpline.ca)  
1 877 513-5333  
Text iQUIT to 123456

### Nunavut Smokers Helpline

[www.nuquits.gov.nu.ca](http://www.nuquits.gov.nu.ca)  
1-866-3NU-QUIT

## Healthcare Centres and Providers

Talk to your doctor or local public health unit to find out what services are available in your community.

## Tungasuvvingat Inuit Support Services

For further information on TI projects or services, contact:

[www.tungasuvvingatinuit.ca](http://www.tungasuvvingatinuit.ca)  
[info@tungasuvvingatinuit.ca](mailto:info@tungasuvvingatinuit.ca)



## Nicotine Replacement Therapy (NRT)

NRT reduces the symptoms of quitting, and doubles the chances of successful quitting compared to not using an aid. There are several ways of introducing NRT, including:

- Lozenges
- Inhalers
- Mouth Sprays
- Gums
- Patches

## Non-Insured Health Benefits (NIHB)

Inuit are also eligible to receive up to three courses of NRT treatments in a 12-month period. The three courses include:

- **Two 12-week courses** of nicotine replacement therapy (e.g. patches).
- **One 12-week course** of treatment like gum, lozenges, and inhalers that are intended to be taken as needed.

## Aboriginal Tobacco Program

Contact your local Tobacco-Wise Lead to find out how we can support you and your community.

[tobaccowise@cancercare.on.ca](mailto:tobaccowise@cancercare.on.ca)  
[www.tobaccowise.com](http://www.tobaccowise.com)

## Inuit IT'S TIME Toolkit

To access this resource for healthcare professionals, please visit [www.teachproject.ca](http://www.teachproject.ca) and click Toolkits, and Toolkit for Inuit.





