



Smoking Cessation Program

ontario.ca/health811

Our approach

- Providing effective smoking cessation treatment
- Support and additional coaching available through follow-up phone calls
- Helping you to set goals

Contact us

 Call **811**

 Fax **1-877-356-1691**

Take your first steps
to becoming smoke free

ontario.ca/health811

Health811 Smoking Cessation Program



How smoking cessation services can help

A quit coach will work with you throughout your smoking cessation journey and can help you to access local supports such as:

- Free supplies of nicotine replacement therapy products
- Face-to-face counselling or group support
- Health information relevant to your situation
- Text, chat and other online supports



Call us:
811

Whether you wish to quit smoking or require help to maintain abstinence from smoking, our quit coaches are here to support you.

The smoking cessation program is:

- Free, available to all residents of Ontario
- Available 24 hours a day, seven days a week
- Easy to access, users have unlimited access to resources and the service is available in over 200 languages upon request



Fax referrals:
1-877-356-1691

Health care professionals can refer patients to the smoking cessation program by fax.

- Health care professionals can download the Health811 fax referral online at smokershelpline.ca
- Referrals received through the former smokers' helpline fax number and form will be re-routed to Health811
- After the form is faxed, clients will be contacted within five days

