

## COMMUNITY HEALTH SERVICES

Family Health Teams (FHT) and Community Health Centres listed below offer current patients quit smoking counselling and free nicotine replacement therapy. Contact the offices for more information.

### BRIGHTON QUINTE WEST FHT, [bqwfht.ca](http://bqwfht.ca)

**Brighton**  
170 Main Street  
613-475-1555

**Trenton**  
80 Catherine Street  
613-394-0770

### BELLEVILLE & QUINTE WEST COMMUNITY HEALTH CENTRE, [bqwhc.ca](http://bqwhc.ca)

**Belleville**  
161 Bridge Street West  
613-962-0000

**Trenton**  
70 Murphy Street  
613-965-0698

### NORTH HASTINGS FHT, [northhastingsfht.com](http://northhastingsfht.com)

**Bancroft**  
1P Manor Lane  
613-332-5692

### PRINCE EDWARD COUNTY FHT, [pefht.ca](http://pefht.ca)

**Picton**  
35 Bridge Street  
613-476-0400 ext. 201

### GATEWAY COMMUNITY HEALTH CENTRE, [gatewaychc.org](http://gatewaychc.org)

**Tweed**  
41 McClellan Street  
613-478-1211

### CENTRAL HASTINGS FHT, [chfht.ca](http://chfht.ca)

**Gilmour**  
371 Weslenskoon  
Lake Road, RR2  
613-474-0233

**Madoc**  
52 St. Lawrence Street E.  
613-473-4134

**Marmora**  
1 Madoc Street  
613-472-6131

### NURSE PRACTITIONER - LED CLINIC, [bnplc.ca](http://bnplc.ca)

**Belleville**  
231 Front St.  
613-779-7304

### QUEENS FHT (Belleville-Quinte area), [familymedicine.queensu.ca](http://familymedicine.queensu.ca)

**Belleville**  
- Station Street (Admin. Office)  
145 Station Street

- East Hill  
201-211 Dundas Street East

- Connor House  
240 Pinnacle Street

613-771-1910, Ext. 133

### BANCROFT FHT, [bancroftfht.com](http://bancroftfht.com)

**Bancroft**  
19 Oak Street  
613-332-1565

## PUBLIC HEALTH SERVICES

**We Can Quit Clinics:** Weekly drop in quit smoking clinics with one-on-one counselling and low cost nicotine patches and gum. No appointment or referral required.

**Belleville**  
179 North Park Street  
Wednesday 9am to 1pm

**Quinte West**  
499 Dundas Street West, Trenton  
Thursday 9am to 11am

## MORE PUBLIC HEALTH SERVICES

### We Can Quit Prenatal/Postnatal Program

Help to quit smoking with home visits, one-on-one counselling and free nicotine patches and gum for expecting and new moms and their partners.

Interested clients can join the service by calling the Tobacco Talk Line.

### STOP Quit Smoking Workshops

Sessions available regularly. Eligible participants will receive a free, five-week supply of nicotine patches. Please call the Tobacco Talk Line or visit our website for more information.

### Tobacco Talk Line

Learn more about the quit smoking services offered by us and other health centres at:

### HASTINGS PRINCE EDWARD PUBLIC HEALTH

[hpepublichealth.ca](http://hpepublichealth.ca)

Phone: 613-966-5500 ext. 600

Toll Free: 1-800-267-2803

Fax: 613-966-1813

TTY: 711 + 613-966-5500 + GA

TTL@hpeph.ca



## LOCAL QUIT SMOKING SUPPORT GUIDE



### FAMILY DOCTORS AND PHARMACISTS

You can talk to your doctor or pharmacist about quit smoking medications, such as Champix or Zyban to see if they are right for you. Pharmacists can help you access quit smoking medications if you are a pharmacy client. These medications are now covered under the Ontario Drug Benefit Plan.

### SMOKERS HELPLINE

- ✓ Call for free, confidential, one-to-one support at 1-877-513-5333.
- ✓ Get free 24/7 access online to a supportive community and self-help program. Monitor your progress with the Quit Meter. Sign up at [smokershelpline.ca](http://smokershelpline.ca).
- ✓ Interactive text support with helpful messages for up to 13 weeks, depending on your quit date. Sign up at [smokershelpline.ca](http://smokershelpline.ca).

*AODA statement: The Health Unit is committed to providing accessible programs and services to all. To make arrangements for accommodation for our quit smoking programs contact the Tobacco Talk Line at 613-966-5500 ext. 600 or email at [accessibility@hpeph.ca](mailto:accessibility@hpeph.ca).*



### FOR YOUNG ADULTS

- ✓ **Break it Off:** [www.breakitoff.ca](http://www.breakitoff.ca)  
Everything you need to know about breaking up with smoking and get access to free resources such as a free app, Facebook page, YouTube videos, online plan, and text or phone support.
- ✓ **Leave the Pack Behind:** [leavethepackbehind.org](http://leavethepackbehind.org)  
A free support program for Loyalist students who want to quit smoking and includes free nicotine replacement therapy.
- ✓ **Quit Run Chill:** [quitrunchill.org](http://quitrunchill.org)  
A free program for smokers and ex-smokers that helps you to set up a plan to quit smoking while also looking at exercise and stress.
- ✓ **Crush the Crave:** [crushthecrave.ca](http://crushthecrave.ca)  
A free app that helps users stop smoking and start living a healthy life.



### SOCIAL MEDIA SUPPORT

- ✓ Re-learn life without cigarettes with this free quit smoking program.  
[twitter.com/TheEXTeam](https://twitter.com/TheEXTeam)
- ✓ Get tips, advice and support on staying smoke-free and meet others like you.  
[twitter.com/Quit\\_For\\_Life](https://twitter.com/Quit_For_Life)
- ✓ Keep track of your success with the Quit Counter or go on Facebook and be a part of the Quit Exchange.  
**Don't Quit Quitting/Quit Exchange:**  
[dontquitquitting.ca](http://dontquitquitting.ca)
- ✓ A program to find original ways to support young families to be smoke-free.  
[twitter.com/FACETobacco](https://twitter.com/FACETobacco)
- ✓ Join this supportive community where women share stories, offer advice, tips, and encouragement to be and stay smoke free.  
[twitter.com/SmokeFreeWomen](https://twitter.com/SmokeFreeWomen)  
[facebook.com/smokefree.women](https://facebook.com/smokefree.women)