

Smoking Cessation Services



Stop Smoking Clinic

Counselling, nicotine replacement therapy (e.g. patch, gum, etc.), when available and links to community resources. **1-888-221-2133 | www.hpph.ca**



Smokers' Helpline

Join the online community, access resources and get texting support.
Text: **iQUIT to 123456 | smokershelpline.ca**

Telehealth Ontario

Phone support: speak with a coach. Available 24 hrs/day - 7 days/week.
1-866-797-0000



Choices for Change

Counselling and support, nicotine replacement therapy when available, for Choices for Change clients in Huron and Perth counties.
choicesforchange.ca | 519-271-6730 | 1-877-218-0077

Family Health Teams

If you are a patient of a Family Health Team or Community Health Centre in Huron or Perth counties, call your healthcare provider to book an appointment for smoking cessation support, which may include counselling and free nicotine replacement therapy if available.



Health Benefits of Quitting Smoking



Within 20 Minutes

- Blood pressure drops and heart rate returns to normal

After 8 Hours

- Carbon monoxide level in blood drops

After 24 Hours

- The chance of having a heart attack decreases

After 48 Hours

- Lung capacity increases and breathing can become easier

2 Weeks to 3 Months

- Walking becomes easier
- Lung function may increase by up to 20%

1 to 9 Months

- Coughing, sinus congestion, fatigue and shortness of breath may decrease

1 Year

- Risk of heart disease is cut in half
- Risk of a smoking-related heart attack is cut in half

10 Years

- Risk of dying from lung cancer is cut in half

15 Years

- Risk of dying from a heart attack is the same as someone who has never smoked

