

Pathfinder series: Smoking cessation

Websites:

Smoker's Helpline 1-877-513-5333

The toll-free number to call for help with quitting smoking. Smoker's Helpline is free, and staffed by professionals who are trained to provide information, help you develop a "Quit Plan", and refer you to community resources that can assist you with your plan to quit. The service is offered in English and French, and can be accessed Monday through Friday. Call the number for more details.

Smoker's Helpline Online <http://www.smokershelpline.ca/>

The online version of Smoker's Helpline offers the same great support and information, with some added features for the online world. These include a "Quit-meter", with personalized feedback on your progress, a discussion forum to connect with others who are quitting, "quit buddies" for added support and inspirational emails with information, tips and tools for quitting and staying quit.

Health Canada: Quit 4 Life

<http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/youth-jeunes/life-vie/index-eng.php>

The new Quit4Life (Q4L) web site can help you to quit smoking... for life. Q4L is organized around 4 central steps: Get Psyched, Get Smart, Get Support, Get On With It. The site has been re-designed as an interactive and personalized 4 week web program. Each week, you will be asked to complete 3-5 activities on-line which will help you learn about why you smoke, how to quit and how to stay quit once you get there. Create a personalized profile, store and save all your completed activities, build a quitting calendar, learn how to deal with stress and more, all from the comfort of your computer!

American Cancer Society: Guide to Quitting Smoking

http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp

The ACS website has a lot of great information on quitting smoking. Topics covered include nicotine withdrawal and how to cope, information on types of nicotine replacement, and finding the one that might be right for you, and a step-by-step plan for quitting. There are also links to other resources and helpful organizations that can assist you, articles on smoking and smoking cessation, and much more.

Leave the Pack Behind <http://www.leavethepackbehind.org/>

From the website: "Leave The Pack Behind (LTPB) is a comprehensive, age-tailored, tobacco control initiative for young adults on post-secondary campuses. LTPB seamlessly integrates cessation, protection, prevention and industry denormalization activities to promote smoking cessation among occasional and regular smokers; protect non-smokers from secondary smoke; expose tobacco industry tactics that keep people hooked on its deadly products.

