

Quitting **SMOKING**

When you are ready to give up smoking... there's help for **you**

You **can quit smoking. It may not be easy but it can be done.**

**NB anti-tobacco
COALITION
antitabac du N.-B.**

In New Brunswick there are now more people who quit smoking (33%) than who smoke (25%).

How to get support

There are many supports available to help in quitting. If one doesn't help, there are other options.

Other things that can affect successful quitting are factors like: how confident you are now, how much support you have, and how stressed you feel.

Call for free and confidential: Information-Advice - Support

Smokers' Helpline Trained quit specialists will answer all your questions and even help you set up a plan and follow it through. They can also put you in touch with individual or group counseling services nearest you.

We can help you focus on your reasons for quitting, learn new ways to break your habit and develop skills you need to quit successfully.

**Smokers'
Helpline**

1-877-513-5333

**Monday to Thursday
9am - 9pm and Friday 9 am - 5pm.**

Where to go

Self help

You may want to try to quit on your own. Self help resources usually include information booklets and brochures that help you through the quitting process.

CALL:

Cancer Information Service
(Canadian Cancer Society)
1-888-939-3333

LOG ON: Health Canada's website:
www.gosmokefree.ca
to try their e-quit service

Health Professionals

Health professionals will tell you that quitting smoking is the best thing you can do for the health of you and your family.

In New Brunswick, health care professionals such as physicians, nurses, dentists, dental assistants, and pharmacists can help. Talk to your health care professional.

Medications

There are a variety of medications that may improve your chance of success.

Talk to your health care provider about what's right for you.