

- ✓ “exposé” smoking cessation help is available to students in most Ottawa high schools. Please see the Ottawa Public Health “exposé” representative in the school.

If you are a youth these websites can be helpful:

www.quit4life.com
www.cyberisle.org
www.smokefreeottawa.com/kicksbutt

If you are an adult these resources can be helpful:

www.gosmokefree.ca
www.cancer.ca
www.quitsmokingontario.ca
www.smokershelpline.ca

Talk to your physician or your pharmacist

Quitting Takes Practice

Make a List List all the reasons why you want to quit and then keep the list close by for when you’re thinking about lighting up.

Talk with someone By telling others close to you that you are quitting smoking, you not only deepen your commitment, you also give them an opportunity to help you.

Set a quit date Any less-stressful day in the next three weeks will do. Be sure to mark it on your calendar. You’re much more likely to start on your quit day if it’s written down.

Learn from the past If you’ve tried to quit before and couldn’t, use that experience to make your next attempt a success.

Motivate yourself with positive thoughts Congratulations! You stopped smoking! Now battle any negative thoughts you have with constructive ideas, like “I’m looking forward to being free of these cigarettes, lighters and matches” and “I really don’t need a cigarette to have a good time at a party.”

Quit for Life!

The benefits of being smoke-free:

Within 20 minutes

Your blood pressure drops and your pulse returns to normal. The temperature of your hands and feet stabilizes.

After 8 hours

The carbon monoxide level in your blood drops.

After 48 hours

Your ability to smell and taste improves.

After 72 hours

Lung capacity increases. Breathing can become easier.

2 weeks to 3 months

Your circulation improves. Walking becomes easier. Lung functioning may increase by up to 20%

1 year

Just 12 months down the road and you’ve cut your risk of heart disease in half. Congratulations!



CALL IT QUILTS!



A Guide to Quitting Smoking in Ottawa

Produced by
Ottawa Public Health
ottawa.ca/health

613-580-6744

A.C.E.S.S. Programs

(Accessible Chances for Everyone to Stop Smoking)

Amethyst Women's Addiction Centre
488 Wilbrod Street)
Ottawa, ON K1N 6M8
563-0363

Carlington Community and Health Services
900 Merivale Road
Ottawa, ON K1Z 5Z8
722-4000

Centretown Community Health Centre
420 Cooper Street (at Bank Street)
Ottawa, ON K2P 2N6
233-4443

**Western Ottawa Community
Resource Centre**
2 MacNeil Court
Kanata, ON K2L 4H7
591-3686

Orléans-Cumberland Community Resource Centre
211-210 Centrum Blvd.
Orleans, ON K1E 3V7
830-4357

**Pinecrest-Queensway
Health & Community Services**
2nd Floor
1365 Richmond Road
Ottawa, ON K2B 6R7
820-4922

Sandy Hill Community Health Centre
221 Nelson Street
Ottawa, ON K1N 1C7
789-8458

Somerset West Community Health Centre
55 Eccles Street
Ottawa, ON K1R 6S3
238-1220

**South-East Ottawa Centre
for a Healthy Community**
1355 Bank Street, Suite 600,
Ottawa, ON K1H 8K7
737-5115

Wabano Centre for Aboriginal Health
299 Montreal Road
Ottawa, ON K1L 6B8
748-5999

Hunt Club Riverside Community Services Centre
3310 McCarthy Road
Ottawa, ON K1V 9S1
247-1600



Smoking Cessation Programs

Canadian Cancer Society's *Smokers' Helpline* 1-877-513-5333

- ▶ Free, confidential, bilingual, telephone-based service that provides personalized advice, counselling and a "quit plan" that suits you. Hours: Monday to Thursday, 8:00 a.m. – 9:00 p.m., Fridays, 8:00 a.m. – 6:00 p.m. and weekends, 9:00 a.m. – 5:00 p.m. Call from anywhere in Ontario.

Heart Health Education Centre – Smoking Cessation 613-761-4753

40 Ruskin Stree, Ottawa, Ontario.

- ▶ Program involves four major components: behavioural therapy; addictive disorders therapy; pharmacologic therapy (nicotine patch or gum); and relapse prevention. An individualized plan of action will be developed. Cost: \$25 commitment fee

Kick Butt for 2, A Program for Pregnant Teens and Young Single Parents 613-749-4584

Brighter Futures for Children of Young Single Parents
659 Church Street, Ottawa, Ontario.

- ▶ Eight week cessation/reduction program, free of charge, childcare and bus tickets available. Offered in English and French.

Nicotine Anonymous contact Paul 613-744-7211

755 Somerset Street West, Ottawa, Ontario.

- ▶ 12 Step Program, ongoing self-support group. Financial contributions accepted. Offered in English every Tuesday at 8:00 p.m.

Ottawa Public Health

- ▶ Parent-Child Health Program offers bilingual information and support to pregnant women and their partners who want to quit smoking **613-580-6744**
- ▶ Relapse prevention support groups are available to persons who have recently quit smoking, reduced their smoking and/or relapsed in their quitting..... **613-580-6744**

Seventh Day Adventist Church 613-728-8178

2200 Benjamin Avenue, Ottawa, Ontario.

- ▶ Breathe Free, 8 two-hour sessions over 3 weeks. Follow-up at 6 and 12 months. Offered on demand, waiting list compiled. Cost is \$40 per person or \$55 per couple. Offered in English.

Royal Ottawa Hospital Drop-In for the Psychiatric Community contact Sandra Fraser..... 613-722-6521 ext. 6018

Royal Ottawa Hospital, Lady Grey Building, 1145 Carling Avenue, Room 2006, Ottawa, Ontario.

- ▶ On-going Tuesdays, 6:30 p.m. – 7:30 p.m.

Quit Smoking Clinic for Teens 613-737-7119

Dr Lena's Clinic for Adolescents
1929 Russell Road, Suite 106, Ottawa, Ontario.

- ▶ Individual or group sessions available on Thursdays only, from 9:00 a.m. – 5:00 p.m. Available at no cost in English.

Self-Help

Choose a variety of
Options to help you quit

Canadian Cancer Society's
Smokers' Helpline
1-877-513-5333
and
Ottawa Public Health
Information
613-580-6744

Ask Your Physician

- Have you discussed quitting smoking with your physician?**
- Do you have questions about nicotine patches, inhaler, gum or Zyban?**
- Your physician can offer you advice about quitting and provide information about medication that can help.**

This guide is updated once per year and may be photocopied without permission.

Disponible en français