

Resources to Quit Smoking in Renfrew County and District – Navigational Map

Has the client considered what resources they would like to use to quit smoking?

NICOTINE REPLACEMENT THERAPY (NRT)

- May include: Patch, gum, lozenge, inhaler and mouth spray
- NRT available for purchase over the counter at local pharmacies. Sources of free NRT are outlined below.

Does the client belong to a Family Health Team (FHT) or Community Health Centre (CHC)?

YES

STOP with Family Health Teams

Must be a client of the FHT* (see over for list of FHTs)

Smoking cessation support, including:

- Free Nicotine Replacement Therapy up to 26 weeks
- Counselling

STOP with Community Health Centres

Must be client of the CHC (see over for list of CHCs)

Smoking cessation support, including:

- Free Nicotine Replacement Therapy up to 26 weeks
- Counselling

STOP with Addiction Agencies

Open to Renfrew County and District residents (see over for list of Addiction Agencies)

Smoking cessation support, including:

- Free Nicotine Replacement Therapy up to 26 weeks
- Counselling

NO

Does the client have Private Health Insurance?

If a client has health insurance (through work, for example) advise the client to call their insurance provider to see what their plan covers.

Some over the counter medications may be covered by private insurance if they obtain a prescription from a Primary Care Provider.

Is the client on Social Assistance (OW/ODSP)?

Funding for NRT may be available through social assistance. Consult social assistance caseworker.

PRESCRIPTION MEDICATIONS

Champix (Varenicline) or Zyban (Bupropion)

Pharmacists can:

- Prescribe medications for smoking cessation
- Provide smoking cessation counselling

Advise clients to talk to their pharmacist.

If client is on social assistance (OW/ODSP), the Ontario Drug Benefit Program will cover Champix or Zyban for 12 weeks with a prescription from a Primary Care Provider.

If client has Private Health Insurance, have them check with their insurance provider to see what their plan covers.

OTHER SUPPORTS FOR QUITTING SMOKING

My Quit

1-877-376-1701
www.myquit.ca

Smokers' Helpline

1-877-513-5333
Text iQuit to 123456
www.smokershelpline.ca

Break It off

For young adults
www.breakitoff.ca

Pregnets

For moms and moms to be
www.pregnets.org

Clear the Air

For LGBT:
www.clear-the-air.ca

Quit 4 Life

For youth
www.quit4life.ca

Renfrew County and District Health Unit

www.rcdhu.com

613-732-3629 or 1-800-267-1097



Family Health Teams (FHTs)

Offer counselling and free NRT (if available) to their patients/clients

- Algonquins of Pikwàkanagàn FHT
613-625-2259
- Arnprior and District FHT
613-622-5763
- Madawaska Valley FHT
613-756-9888
- North Renfrew FHT
613-584-1037
- Petawawa Centennial FHT
613-687-7641
- South Algonquin FHT
613-637-2170
- *West Champlain FHT
613-735-8051

*Open to Renfrew County and District residents who cannot otherwise access counselling or NRT

Community Health Centres (CHCs)

Offer quit smoking counselling and free NRT (if available) to their rostered patients/clients

- Whitewater Bromley CHC
613-582-3685
- Rainbow Valley CHC
613-757-0004

Addiction Agencies

Offer smoking cessation counselling, support and free NRT (if available) and provide cessation support groups

- **Addictions Treatment Service**
613-432-9855 or 1-800-265-0197
Offices located in: Pembroke, Deep River, Barry's Bay, Renfrew and Arnprior
- **Mackay Manor**
613-432-7666 or 1-877-819-4181
Located in Renfrew