

Renfrew County and District Smoking Cessation Services and Resources

Pharmacists

Offer support and provide information on different cessation aids.

People on Ontario Drug Benefit Program and OHIP+ may be eligible to receive free medication (Zyban and Champix).

Family Health Teams (FHTs)

Provide counselling and free nicotine replacement therapy (if available) for patients/clients.

- Algonquins of Pikwàkanagàn FHT
613-625-1175
- 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

Physician or Health Care Provider

Offer advice and information about quitting and can prescribe or recommend medication that can help.

Community Health Centres (CHCs)

Provide quit smoking counselling and free nicotine replacement therapy (if available) for patients/clients.

- ConnectWell Community Health 613-582-3685
- Rainbow Valley CHC 613-757-0004

Renfrew County and District Health Unit

Provide brief phone counselling, resources and information about community smoking cessation services.

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

www.rcdhu.com

*Can provide services to people who cannot otherwise access cessation counselling or nicotine replacement therapy



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Telephone Support

Free and confidential smoking cessation information and support.

- 1-866-797-0000

Smokers' Helpline

Support services available online and through text messaging.

- Text iQUIT to 123456

www.smokershelpline.ca

Addictions Treatment Service

Provide smoking cessation counselling, free nicotine replacement therapy and cessation support groups.

Services available in:
Pembroke, Deep River, Barry's Bay,
Renfrew and Arnprior

- 613-432-9855
- 1-800-265-0197

Other Smoking Cessation Resources

- [Canadian Cancer Society](#)
Booklets with tips and strategies to quit smoking
 - [You Can Quit: One Step At A Time](#)
 - [Help Someone Quit: One Step At A Time](#)
- [Lung Health Foundation](#)
Develop a plan and get tips to quit smoking
 - [Journey to Quit](#) workbook
- **Health Canada**
 - [On the Road to Quitting guide for adults](#)
 - [On the Road to Quitting guide for young adults](#)
 - [Quit 4 Life](#) booklet for youth
- [Pregnets](#) website
Support to quit for moms /moms to be
www.pregnets.org
(Centre for Addiction and Mental Health)

Mackay Manor

Provide smoking cessation counselling, free nicotine replacement therapy and cessation support groups.

- 613-432-7666
- 1-877-819-4181

Stop on the Net

Provide free nicotine replacement therapy mailed to your address.

Ottawa Model for Smoking Cessation Community Program

Provide smoking cessation support and nicotine replacement therapy.

For individuals not enrolled with a health care provider or who cannot easily access smoking cessation treatment and support.

- 1-888-645-5405

