

Want to **QUIT SMOKING?**

HERE'S HELP...



SMOKERS' HELPLINE

1-877-513-5333

This confidential and free helpline provides one-on-one counseling and uses a proven method of quitting.

The Helpline encourages you to call if you are:

- a smoker who wants to quit smoking
- a smoker who is thinking of quitting
- a smoker who has quit & would like support
- a smoker who doesn't want to quit.
- someone who wants information to help others

The Helpline is open:

Monday to Thursday	7 am to 8 pm
Friday	7 am to 5 pm
Weekends	8 am to 4 pm

The Smokers' Helpline is also online at
www.smokershelpline.ca

QUIT SMOKING SUPPORT

A package of information on ways to make quitting easier is available from the Regina Qu'Appelle Health Region. Call Population & Public Health Services at **(306) 766-6320**. To speak to someone about quitting, call **(306) 766-6327**.

PACT PROGRAM

(Partnership to Assist with Cessation of Tobacco)

Your Pharmacist can help you quit tobacco! Ask today how to make a PACT to quit.

Locate a PACT Professional in your community:

The PACT Program provides health care professionals with training and resources to help people quit tobacco for good. In fact, research shows that partnering with a health care professional you trust can greatly improve your chances of successfully quitting.

Connecting with help to quit in your community might be easier than you think. Simply go to www.makeapact.ca, click onto the PACT Locator and Community Resources link, enter the town or city where you live, and a list of PACT professionals and their contact information will pop up.

You don't have to quit alone - PACT professionals are ready and willing to offer helpful tips to get you started. Events such as quit smoking group programs are posted to the Bulletin Board in the 'Help to Quit' section of the PACT website.

For more information phone Janice at **586-1700**.