

(STAY)



TO WIN CHALLENGE 2019

(𐌆𐌿𐌸𐌹𐌺𐌻𐌼𐌽)

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(JE TIENS LE COUP)

J'ARRÊTE, J'Y GAGNE ! 2019

**RESOURCES
GUIDE**

Resources

THE RIGHT TOOLS TO QUIT SMOKING!



Alternative tools

THE RIGHT TOOLS TO QUIT SMOKING

FACEBOOK

Many ex-smokers say that Facebook groups, mobile applications and websites were very helpful during their struggles to quit smoking.

Join a smoke-free group and receive information instantly.

@QuitNow

@TobaccoHasNoPlaceHere

@StayQuitToWinNunavik

MOBILE APPLICATIONS

Receive interactive support, notifications on your progress and motivating messages.

QuitNow!

SOS Challenge

Smoke Free - Quit Smoking Now

Alternative tools

THE RIGHT TOOLS TO QUIT SMOKING

WEB SITES

Get information, watch videos and participate in discussions.

www.defitabac.qc.ca/en

www.iqitnow.qc.ca

www.nuquits.ca

TELEPHONE

Get quick access to a specialist.

This service is free and private.

I QUIT NOW HELPLINE

(French and English)

1 866-527-7383 (Monday to Thursday: 8 A.M. to 9 P.M., Friday 8 A.M. to 8 P.M.)

NUNAVUT QUITLINE

(Inuktitut, English, French)

1-866-368-7848

How can the

CLSC HELP ME?

DID YOU KNOW

Did you know that doctors and nurses are authorized to prescribe gum, patches and medication, free of charge? It can help you a lot in breaking your nicotine habit.

If you are interested, speak to your health professional to find the product and dosage that is right for you.

Not looking for medication? The CLSC is still an excellent source for information and professional support. They are available to help you to stop smoking, so don't hesitate to contact them.

Create

A SMOKE-FREE NETWORK

ASK

your family and friends:

- to not offer you cigarettes
- to stop smoking around you
- to encourage you with your decision

FIND

yourself an ally or “quit buddy,” such as an ex-smoker, among your family or friends who agrees to:

- motivate you in difficult times
- listen to you and offer you advice
- help distract you

START

a group of ex-smokers to meet occasionally:

- to celebrate your progress
- to talk about your challenges and solutions
- to meet with people

