



## Quitting Tobacco Resource List

Contact the Tobacco Control Program for the following resources:

Victoria 250.360.1450

Nanaimo 250.755.6285

Courtenay 250.334.5460

### **Breathe Easy: Smoking Cessation Program for Mental Health Consumers: Participant's Workbook (2005)**

10-week smoker's education and support program developed by the Simon Fraser branch of the Canadian Mental Health Association with financial support from Health Canada. For information: [breatheeasy@telus.net](mailto:breatheeasy@telus.net)



### **On the Road to Quitting**

This booklet will help to prepare and take action to successfully stop smoking. Produced by Health Canada and available through the Tobacco Control Program at 250.360.1450

### **Should I Quit Smoking Now?**

This brochure reviews several reasons that you might want to quit smoking, discusses why smoking is so addictive, and provides information on how to increase the odds of successfully quitting. Available through the Tobacco Control Program at 250.360.1450

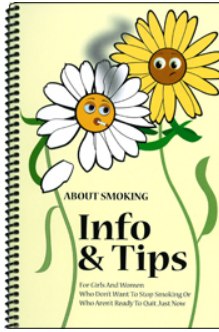
### **[www.quitnow.ca](http://www.quitnow.ca) or Quitnow by Phone 1.877.455.2233**

Free online service and 24/7 phone line offering support, guidance and free resources to assist smokers to prepare, take action to stop, and stay tobacco free. Translation available in 130 languages. Help to stop smoking is just a click or call away. Brochures and 8 1/2 by 11 posters are available by calling 250.360.1450. Brochures available in 6 languages: Chinese Mandarin, Chinese Simplified, English, French, Korean and Punjabi



### **QuitNow rack cards for Vancouver Island**

A card with the local quitting resources on one side and the provincial available resources on the other. A great handout to have on hand for people motivated to quit smoking. Available through the Tobacco Control Program at 250.360.1450.



### **For Girls and Women: About Smoking – Info & Tips (2006)**

This small, easy to read 15 – page booklet is for girls and women who don't want to stop smoking, or who aren't ready to quit yet. The booklet includes facts about tobacco use, including what to expect if you do choose to quit, what happens if you smoke while pregnant, ways to reduce the impact of your smoking on children, and other helpful hints. Available through the Tobacco Control Program at 250.360.1450



### **For Girls and Women: The Little Quit Smoking Book (2006)**

This easy to read 46 page booklet helps women through the quitting process. It lists the benefits of quitting, both to you and to others, and also tackles some of the myths associated with cessation. It also talks about making a plan for quitting, ways to find support when you need it, and how to tackle withdrawal. The final pages of the book lead you through the quitting process itself, and offer motivational support to help you through the difficult times. Available through the Tobacco Control Program at 250.360.1450



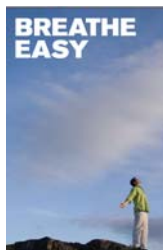
### **For Girls and Women: Helping Women Quit (2006)**

This guide is for people who work with women, but who don't have a background in tobacco cessation. It is to be used as part of existing work contacts and visits, to help pregnant women, young mothers, and other women quit smoking. The 35-page booklet offers detailed information about the special issues related to cessation, and answers some of the questions that workers may have related to patients who smoke. It also provides specific steps to help both pregnant and non-pregnant women work through the cessation process. Available through the Tobacco Control Program at 250.360.1450



### **For Girls and Women: When a Woman Quits Smoking (2006)**

This informational card provides quick facts about the cessation process for women. Topics include: “If she worries about weight gain” and “Withdrawal is temporary”. Available through the Tobacco Control Program at 250.360.1450



### **[Breathe Easy Booklet](#)**

SMOKEFREE HEALTH AUTHORITY

## Nicotine Replacement Therapy

*Information for the Patient*



**Tobacco Plant**  
(*Nicotiana tabacum*) -  
source of  
nicotine

Nicotine Patch (Habitrol®, Nicoderm®),  
Nicotine Gum (Nicorette®, Nicorette Plus®,  
Thrive®), Nicotine Inhaler (Nicorette®),  
Nicotine Lozenge (Nicorette®, Thrive®)

**Did You Know?**

- The tobacco plant was originally grown in South and Central America.
- *Nicotiana tabacum* is named after Jean Nicot, a French ambassador who in 1560 believed that nicotine could cure several diseases.
- Nicotine is a powerful insecticide.

## [Nicotine Replacement Therapy Booklet](#)

For more resources on quitting tobacco go to [www.quitnow.ca](http://www.quitnow.ca) or [www.gosmokefree.ca](http://www.gosmokefree.ca)