




Want Help Quitting Vaping or Smoking?

Apps	Coaching & Online Support
<p>App Store - Apple (CA) Android Apps on Google Play Quash – Smoking and Vaping</p>  <p>An interactive app designed to help youth quit smoking or vaping. It helps you progress through each stage of the quitting process. Learn more about yourself and your habits.</p> <p>My Change Plan – Tobacco Only</p>  <p>This user-friendly app allows you to fill in a personalized quit plan including your triggers, coping strategies, motivational messages, and gives you the option of forming a support team.</p> <p>Stop Vaping Challenge – Vaping Only</p>  <p>This app assists youth to reflect on their vaping behaviours and patterns in a fun, social way that encourages quitting with friends.</p>	<p>Smokers’ Helpline – www.smokershelpline.ca</p> <ul style="list-style-type: none"> • Online Program – self-help tools for quitting smoking, vaping and tobacco use, discussion forums, and an active Quit Buddy community. • Text Messaging – interactive support for up to 13 weeks – text “iQuit” to 123456. <p>Health Connect Ontario – 1-866-797-0000 Support callers through follow-up calls where additional assistance and coaching are required.</p> <p>Talk Tobacco – www.smokershelpline.ca/talktobacco Designed to meet the need for culturally relevant tobacco and vaping cessation services for First Nation, Inuit, Métis, and urban Indigenous communities.</p> <ul style="list-style-type: none"> • Phone Support – 1-833-998-8255 • Live Chat – TalkTobacco.ca • Text Support - Text CHANGE to 123456 • Online Community Support <p>Quitting Tobacco/Vaping – www.lunghealth.ca/tobacco</p> <ul style="list-style-type: none"> • Online Program including a toolkit and live chat • Phone Support – 1-888-344-5864
	<p>Nicotine Replacement Therapy (NRT)</p> <p>NRT should be considered for those seeking supports to quit, including those under the age of 18. As with other medications, you should be assessed by a doctor or nurse before using NRT for quitting – youth under the age of 18 require a prescription from family doctor or nurse practitioner.</p> <p>STOP on the Net by CAMH – register online at www.stoponthenet.com</p> <ul style="list-style-type: none"> • 18 years & over • 8 weeks of NRT sent by mail • Must smoke tobacco cigarettes • Need an email address

Want Help Quitting Vaping or Smoking?

Smoking & Vaping Web Resources	Cannabis Web Resources
<p>Consider the Consequences of Vaping - Canada.ca</p> <p>A Government of Canada website designed to inform youth and their caregivers about the effects of vaping.</p> <p>Don't Quit Quitting - Online tool to help smokers quit (dontquitquitting.ca)</p> <p>This website is designed to educate smokers on the harmful effects it has and how the body will react when quitting.</p> <p>Get the Facts - Unfiltered Facts</p> <p>This website discusses common myths/misbeliefs about nicotine, vaping, and smoking.</p> <p>Introduction Nod from 2050</p> <p>An interactive website designed to motivate individuals to quit vaping. It allows you to step into the future (2050) and send yourself a postcard after successfully quitting.</p>	<p>The Blunt Truth</p> <p>Useful tips about safer ways to use Cannabis.</p> <p>Canadas-lower-risk-guidelines-cannabis</p> <p>10 ways to reduce risks to your health when using cannabis.</p> <p>Health effects of Cannabis – (Health Canada)</p> <p>Short & long-term health effects of cannabis use, health effects for youth, and health effects during pregnancy and breastfeeding.</p> <p>Canada Nurse's Association</p> <p>How to reduce the harms of non-medical cannabis use.</p>
<p>Resources (quashapp.com)</p> <p>This section on Quash provides multiple inclusivity resources for communities. Including Indigenous youth and LGBTQ2S+ communities. There is a more tailored approach to aid these groups in the cessation of smoking.</p>	<p>Pregnancy Web Resources</p> <p>Pregnets</p> <p>Includes archived blog posts, frequently asked questions, and more resources specific to pregnant and postnatal women.</p> <p>The Society of Obstetricians and Gynecologist of Canada</p> <p>Provides information on cannabis use for people who are pregnant, considering pregnancy, or breastfeeding.</p>