

# smoking cessation



north simcoe  
family health team

helping you be the healthiest you

# smoking cessation

## program overview

This program assists patients to quit smoking or reduce the amount which they smoke. It uses the S.T.O.P study developed by CAMH (Centre for Addictions and Mental Health) in Toronto. To be a part of the study, you must be a member of the Family Health Team. There is no charge to use this program and CAMH will provide you with 26 weeks of free Nicotine Replacement Therapy in a calendar year. You will be seen initially in a group setting, however, individual consultations are available upon request, then follow up biweekly by phone.

## discussions include:

- Pros and cons of smoking and quitting
- Readiness to quit
- Confidence in quitting
- Strategies for success
- What to do for slips/relapses
- Resources and support
- Nicotine Replacement Therapies that will work best for you

### interested in this program?

call our team to register

705.526.7804

or visit - [www.nsfht.ca](http://www.nsfht.ca)



north simcoe  
family health team