



Program

At your local Nurse Practitioner-Led Clinic



About the STOP Program

The overall purpose of the STOP Program is to help reduce smoking in Ontario. To do this, STOP works toward two main goals: (1) increase access to smoking cessation aids for Ontario smokers who want to quit, and (2) enhance capacity in health care settings to deliver comprehensive smoking cessation treatment to patients.



What is involved in being in the STOP Program?

You will complete a brief survey about your health, tobacco use and personal information such as income and job status. You do not have to answer a question if that is your choice. Based on your health and smoking status, we will give you Nicotine Replacement Therapy (NRT) free of charge for up to 26 weeks to help you quit. Together, we will decide on what type of NRT and dose is best for you. You will also get counselling and resources to suit your needs.

NICOTINE REPLACEMENT THERAPY

You are able to receive up to 26 weeks of free Nicotine Replacement Therapy. This includes the following products:

- Nicorette® patches in 21, 14 & 7 mg strengths
- Nicorette® inhalers
- Nicorette® gum
- Nicorette® lozenges

You will receive a combination of these products based upon your current smoking levels. Over time, you will reduce the strength and frequency of the nicotine replacement products you will use.

To be in the STOP study, you agree to be contacted by phone, email or by your practitioner to complete a follow-up survey at 3, 6, and 12 months. The surveys take a few minutes to complete and we will ask you about your smoking and related behaviours. This is important for you to complete these surveys so we can assess the impact of the program in helping people quit smoking.





Other Resources

THE SMOKERS' HELPLINE

The Smokers' Helpline has proven tips and tools to help you quit tobacco use and increase your change of being successful. For free, professional and non-judgmental support, advice and information, you can be connected via phone, online, or text. All services are available in English and French and there are interpreter services by phone in over 100 languages. Go online at www.smokershelpline.ca or we can refer you directly.



MY CHANGE PLAN APP

"My Change Plan" is an evidence-based, client-informed mobile app designed in collaboration with clinicians and researchers at the CAMH Nicotine Dependence Clinic. It is designed to help individuals quit, reduce or manage their tobacco cigarette smoking. Now available for download on the App Store and Google Play



PREGNETS FOR MOMS AND MOMS-TO-BE

The Prevention of Gestational and Neonatal Exposure to Tobacco Smoke (PREGNETS) is a network created to improve the health of moms and their babies. PREGNETS offers information, resources and support to pregnant and postpartum individuals and their health care providers to support the ability to reduce smoking, quit, and stay quit. Go online at www.nicotinedependenceclinic.com/en/pregnets/moms.



When Ready and Interested

Call the clinic and book an appointment with a STOP Practitioner

West Ferris Site – 524 Lakeshore Drive
Phone: 705-478-7671

Downtown Site – 179 Main Street East
Phone: 705-667-0035