



# WHY PICK UP THE PHONE?



**SPEAK WITH A QUIT COACH**  
at a time of day that works for you



**LEARN TO COPE**  
with cravings and withdrawal symptoms



**GET SUPPORT**  
to develop a personalized quit plan



**ACCESS MORE RESOURCES**  
in your community



**GET PRACTICAL TIPS**  
for dealing with slips and relapses



**REQUEST SELF-HELP BOOKLETS**  
to be sent to you by mail  
(or find them online)



**USE THE INTERPRETER SERVICE**  
in more than 100 languages

“ I’m glad I decided to call! They answered my questions and I really appreciated the support they gave me. ”

# THE DECISION IS YOURS TO MAKE

**QUITTING SMOKING IS NOT EASY, BUT YOU CAN DO IT.**

Smokers’ Helpline helps you with the things you need to quit - the people, the plan, and the non-judgmental support that are proven to get you smoke-free for good.  
All free of charge.

“ I just celebrated four years smoke-free. If you are thinking about quitting, Smokers’ Helpline is the way to go. It will be one of the best choices you will make for yourself. Thank you, Smokers’ Helpline for supporting me. ”

**Connect to quit.**  
**1-877-513-5333**

[www.smokershelpline.ca](http://www.smokershelpline.ca)

**Text iQuit to 123456**



Follow Us /SmokersHelpline

**smokers' helpline**



Canadian Cancer Society

1-877-513-5333  
[smokershelpline.ca](http://smokershelpline.ca)

**YOU CAN QUIT. WE CAN HELP.**



PHONE SUPPORT



ONLINE PROGRAM



TEXT SUPPORT



TOOLS

**QUIT OR REDUCE TOBACCO USE. YOUR WAY.**

Follow Us /SmokersHelpline

## About Smokers' Helpline

Whether you're thinking about quitting or wanting to cut back on your tobacco\* use, **Smokers' Helpline** is here to help you succeed.

Coaching, support and information about quitting smoking or reducing tobacco use are available by phone, online, via text support and in print.

All services are free and are based on the latest evidence and options that have been proven to work.

**Smokers' Helpline can dramatically increase your chances of quitting successfully.**

\*Tobacco use in this brochure refers to the misuse and end-use of commercial tobacco products.

**BY PHONE**  
**1-877-513-5333**

Speak directly with a Quit Coach who will greet you with warmth and respect, and who is an expert on quitting strategies. Our Quit Coaches understand what you're going through.

- Phone support is available 7 days a week, in English, French and other languages (including First Nations, Inuit & Métis languages) through an interpreter.

### HOURS OF OPERATION

Monday to Thursday: 8 a.m. - 9 p.m. ET

Friday: 8 a.m. - 6 p.m. ET

Weekends: 9 a.m. - 5 p.m. ET

## The Benefits of Quitting

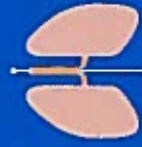
**20 minutes after quitting**

Your blood pressure and pulse rate return to normal.



**After 24 hours**

Your lungs start to clear out the mucus. Coughing is actually a good sign.



**After 8 hours**

You can breathe easier. Your oxygen levels are back to normal and your chance of having a heart attack goes down.



**After 48 hours**

You are nicotine-free. Your sense of taste and smell begins to return.



**After 1 year**

Your risk of having a heart attack is cut in half.



**10 to 15 years after quitting**

Your risk of coronary heart disease is the same as someone who never smoked.



## TOOLS Help Yourself

Our **One Step at a Time** self-help booklets offer information, activities and tools to help guide you through your quit journey and help you reach your goal of becoming tobacco-free. Call us at 1-877-513-5333 and we'll mail you a free copy of the booklet(s) that best meets your needs.

Download your preferred copy at [www.smokershelpline.ca/onestepatatime](http://www.smokershelpline.ca/onestepatatime).

### ONLINE

## Smokershelpline.ca

**Smokers' Helpline** online offers a self-guided quit smoking program and a popular online community of quitters, and former smokers.

Join others who understand what you are going through, and many who are on the same journey.

Support is available 24 hours a day, 7 days a week for your convenience.

## TEXT SUPPORT Text iQuit to 123456\*

Get support, motivation and information via text message directly to your mobile device.

\*Text messaging rates from your provider may apply.

Chat live with a trained Quit Coach. Text the word **CHAT** to connect for real-time support by text during operating hours.

### TOOLS

## Help Yourself