

Smoking Cessation Supports in the KFL&A Region

Nicotine replacement therapy (NRT) and counselling

KFL&A Public Health

Centre for Addiction and Mental Health (CAMH) STOP on the Road (SOR) program is held regularly at KFL&A Public Health.

- Eligible participants attend a 3-hour group education session (mandatory) and receive 5-weeks of (free) NRT patches.
- To register, call the KFL&A Public Health Tobacco Information Line at 613-549-1232, ext. 1333 or til@kflaph.ca.

Family Health Team (FHT)

STOP with FHTs program provides counselling and free NRT up to 26 weeks.

- For rostered patients only.
- Perinatal cessation available at most sites.
- Sites: Kingston, Lakelands, Loyalist, Queen's, Sharbot Lake and Maple (this site provides counselling only).

Community Health Centre (CHC)

STOP with CHCs program provides counselling and free NRT up to 26 weeks.

- Open to patients outside their rostered patients.
- Perinatal cessation available at most sites.
- Sites: Kingston (Weller Avenue, Street Health on Barrack Street), Napanee, and Deseronto.

Hospitals

NRT and medications are available for in-patient care.

- Kingston Health Science Centre, Providence Care, and Lennox and Addington County General Hospital

Prescribed medication (Champix or Zyban)

Some pharmacists can prescribe medications and provide counselling.

- If on ODSP, OW, under age 25, or age 65 and over, 12 weeks of medications are covered.
- If employed, have patients check to see if their benefits cover cessation medication.
- Patients who are registered band members may have medications, including over the counter medications covered.

Counselling and support

Smokers' Helpline
1-877-513-5333
smokershelpline.ca

Other supports

General population

**KFL&A Public Health
Tobacco Information Line**
613-549-1232, ext. 1333
kflaph.ca

Youth and young adult

Quit4Life
quit4life.ca

Leave the Pack Behind
leavethepackbehind.org

Wouldrather
wouldrather.ca

Perinatal

Motherisk Helpline
1-877-439-2744

Pregnets
pregnets.org