



# Quit Smoking or Vaping – Apps, Programs, Services and Web Supports

If you or someone you know needs help to quit smoking or vaping, check out these apps, programs, services, and websites.

## Youth

**Crush the Crave – vape edition app** available on [the App Store](#) and [Google Play](#)

Receive supportive messages, virtual awards and help for dealing with cravings. Track the number of days that you are vape-free, the amount of money you have saved, and your triggers.

**I quit for me – [online resource](#)**

This self-help guide is for youth who want to quit smoking and or vaping. [I quit for me](#)

**Nod from 2050 – [website](#)**

Take time to think about your long-term goals around vaping nicotine. Send yourself a virtual postcard to celebrate the younger you who decided to quit vaping. [Nodfrom2050.ca](#)

**North Bay Parry Sound District Health Unit Vaping: What's the Hype? – [website](#)**

This resource is to help youth learn about vaping to become informed decision-makers.

[Vaping: What's the Hype? - North Bay Parry Sound District Health Unit \(myhealthunit.ca\)](#)

**Not An Experiment – [website](#)**

Create a personalized quit plan to help you to become vape-free. [notanexperiment.ca](#)

**Public Health Sudbury and Districts Vaping is not harmless – [online resource](#)**

This resource will help youth make informed decisions around vaping. [https://www.phsd.ca/wp-content/uploads/2023/02/Vaping\\_is\\_not\\_harmless\\_Youth\\_AODA\\_EN.pdf](https://www.phsd.ca/wp-content/uploads/2023/02/Vaping_is_not_harmless_Youth_AODA_EN.pdf)

**Quash – app available on the [App Store](#) or [Google Play](#)**

Quit smoking or vaping the way you want! Set goals, track cravings, earn badges and access tools and tips.

**Stop Vaping Challenge – app available on the [App Store](#) and [Google Play](#)**

Stop vaping for as long as you can with a timer that tracks seconds, minutes, and hours. Invite your friends to join the challenge through the app, track your mood and cravings, record photo and video memories, and find local resources to quit vaping.

## Young Adults

### The Expand Project – [website](#)

Start and expand conversations around vaping nicotine and smoking tobacco. Share accurate information and resources. Informed by and made for queer and trans young adults 18-29. [expandproject.ca](http://expandproject.ca)

## Adults

### CAMH Pregnets –[website](#)

This website offers information and resources to pregnant and postpartum individuals and their health care providers to support the ability to reduce smoking, quit, and stay smoke-free. [nicotinedependenceclinic.com/en/pregnets](http://nicotinedependenceclinic.com/en/pregnets)

### Canadian Lung Association – [website](#)

Learn about how to quit smoking, how to manage your withdrawal symptoms and how to help someone quit. Learn about what is in a cigarette and second-hand smoke. Get inspired and read success stories from former smokers. [lung.ca/smoking-and-tobacco](http://lung.ca/smoking-and-tobacco)

### Don't Quit Quitting –[website](#)

Learn more about the benefits of quitting, quick tips, nicotine replacement therapies, and where to get help. [Dontquitquitting.ca](http://Dontquitquitting.ca)

### Health Connect Ontario (Health811) – telephone and online chat

Connect with a registered nurse at [Health811](#) by calling [811](#) for telephone-based support to stop smoking or chat online. Available 24 hours a day, 7 days a week. <https://healthconnectontario.health.gov.on.ca/static/guest/chat-online>

### My Change Plan – app available on the [App Store](#) or [Google play](#)

An app to help you change your smoking behaviour and become smoke-free.

### Non-Insured Health Benefits for Inuit and First Nations People (NIHB) – program [NIHB](#)

NIHB provides annual coverage for Nicotine Replacement Therapy (NRT). A prescription for NRT is required from a health care provider to receive NRT through the NIHB program.

Contact any First Nations health access centre, Indigenous health organization or pharmacy to learn more about prescription medications to help you quit.

Noojmowin Teg Health Centre, Little Current

Shkagamik-Kwe Health Centre, Sudbury

### Ottawa Model for Smoking Cessation – program – free nicotine replacement therapy

Receive 6 weeks' worth of Nicotine Replacement Therapy in the mail and support from a specialist to help you quit smoking. Call 1.888.645.5405 for information.

### Smokers' Helpline – [website](#), telephone, and text

Get support and information to quit smoking, vaping, and tobacco use. Services include live chats with quit coaches, motivational text messaging and email support, free nicotine replacement therapy trial packs of Nicoderm and Nicorette (while supplies last). Visit [smokers'helpline.ca](http://smokers'helpline.ca), call 1.877.513.5333 or text 123456 and type iQuit for information.

### STOP on the Net – [web-based program](#) – free nicotine replacement therapy

Interested in free nicotine replacement products to help you quit smoking? If you are 18 years or older and live in Ontario, you may be eligible to receive 10 weeks of nicotine patches in combination with either gum, or lozenges mailed directly to your door! <https://www.nicotinedependenceclinic.com/en/stop/stop-on-the-net>

### Talk Tobacco – telephone, live chat, text support

Talk Tobacco offers culturally appropriate support and information to quit smoking, vaping and commercial tobacco use to First Nations, Inuit, Métis, and urban Indigenous communities. A trial package of patches and nicotine gum is offered (while supplies last). Phone services are available in English, French, and 16 Indigenous languages. Call 1.833.998.8255, visit [www.talktobacco.ca](http://www.talktobacco.ca), or text CHANGE to 123456.

### The Lung Health Line – [website](#) and telephone

Download the [Quitting Tobacco Toolkit](#). Speak to a certified respiratory educator about yourself or someone you care about. Call 1.888.344.5864 for more information.

### Health benefits or group insurance – programs

Contact your health benefits or group insurance to find out if you are eligible for smoking cessation medication and support.

[OHIP+](#) provides up to 12 weeks of Champix or Zyban for youth ages 18-24 who have OHIP coverage and are not covered by a private plan. They also receive up to a year of pharmacist-assisted counselling.

[Ontario Drug Benefits \(ODB\)](#) recipients may be eligible to receive 12 weeks of Champix or Zyban at no cost each year. Nicotine replacement therapy products are not covered. A pharmacist or health care provider can assist with counselling for those interested to quit smoking.

## **Family physician, family health teams, nurse practitioner-led clinics, community health centres, addiction agencies, pharmacies – services**

Contact your family physician, family health team, nurse practitioner, community health centre, addiction agency or pharmacies to learn more about prescription medications to help you quit.

# Caregivers, Educators, Facilitators and Health Care Providers

## CAMH– [website](#)

These resources can help service providers support clients and their families with tobacco dependence.

<https://www.nicotinedependenceclinic.com/en/providers>

## CAMH First Nations IT'S TIME Toolkit– [website](#)

This toolkit provides culturally relevant commercial cessation tools. <https://www.nicotinedependenceclinic.com/en/teach/practitioner-resources/teach-tool2>

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## I quit for me Facilitator's guide – [online resource](#)

The [I quit for me: Facilitator's guide for a group program](#) helps you design a 5 or 6 session program to help youth aged 14 to 18 quit smoking and vaping.

## North Bay Parry Sound District Health Unit Vaping: What's the Hype? – [website](#)

Scroll down to the For Educators section to help youth learn about vaping. The toolkit includes printable PDF tools: an overview, an educator guide and toolkit cards.

[Vaping: What's the Hype? - North Bay Parry Sound District Health Unit \(myhealthunit.ca\)](#)

## Public Health Sudbury and Districts Vaping Toolkit – [online tool](#)

This electronic toolkit was developed to support you as an educator in having open and honest conversations with your students about vaping.

[Public Health Sudbury & Districts - Vaping Toolkit \(phsd.ca\)](#)

## Quash Facilitated Program – [website](#)

Adults who work with youth ages 14-19 can receive online training to [become a Quash facilitator](#) and help youth quit vaping or smoking. The facilitated version of the Quash program is delivered to youth online or in-person over 7 sessions.

For more information, please call Public Health Sudbury and Districts Tobacco Information Line 705.522.9200, ext. 3433 (toll-free 1.866.522.9200, ext. 3433)

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