



Canadian Société
Cancer canadienne
Society du cancer

MANITOBA DIVISION

The Smokers' Helpline

Quitting smoking can be a challenging process even at the best of times. But we know that it's worth it – You'll be healthier, you'll have more money to spend, and your friends and family will breathe easier, too. We all know the reasons to quit - but we also know that it isn't easy.

The **Smokers' Helpline** is a free, bilingual, one-to one and confidential service that **doubles** your chances of successfully quitting smoking.

The way it works is simple. The Smokers' Helpline realizes that smokers are not all the same and are at a different stages of quitting. Because quitting isn't an event; it's a *process*. Some may know that they will quit a long time in the future. Some have tried quitting in the past many times before. Others are ready to quit today or in the very near future. Regardless of where you are at, at the Smokers' Helpline, a Quit Specialist will listen to your concerns, assess your needs, and then tailor the call to your individual situation. This might include providing you with information on smoking and quitting, helping to develop a quit plan, or coming up with strategies to cope with withdrawal symptoms, slips and relapses. The Quit Specialists offer a supportive, encouraging and non-judgemental service that is tailor-made for each individual's needs. The Smokers' Helpline also provides information to individuals who would like to help a friend or loved one quit smoking.

Research shows that six months after calling the Smokers' Helpline, 90% of smokers have made some progress towards quitting, such as setting a quit date or cutting down on tobacco use. Additionally, 90% of those who called the line would recommend it to others.

The evidence shows that Smokers' Helpline is effective. If you're thinking about quitting smoking, we're here to help you through the process.

To speak directly to a trained quit Specialist call **1-877-513-5333**.

The Hours of Operation for this Service are:

Monday to Thursday 8 a.m. – 8 p.m.

Friday to Sunday 8 a.m. – 4 p.m.

There is a 24-hour messaging service available.

The Smokers' Helpline is a program of the Canadian Cancer Society, with financial contributions from Health Canada and the Government of Manitoba.

For more information on the Smokers' Helpline Fax Referral Program please contact Jason Funk Permanand, Smokers' Helpline Coordinator, Canadian Cancer Society at (204) 786-0613 or visit www.cancer.ca