



[smokershelp.net](http://smokershelp.net)

## NEWFOUNDLAND & LABRADOR SMOKERS' HELPLINE ONLINE REFERRAL PROCESS

01

Visit the Smokers' Helpline website at [www.smokershelp.net](http://www.smokershelp.net)

Access Online Referral System under "Resources" or "Help Someone Quit"

02

03

To identify who made the referral  
"Create a Referral Account"  
and save your required contact information for each time you refer

OR

"Continue as Guest"  
to enter your information.

Enter the contact information and consent for the individual you are referring

04

05

The individual will receive a phone call from the Helpline within 3 days to inform them about available services

## The Benefits of Making a Referral:

The Referral Program is an easy and effective tool that can be used by healthcare providers, employers and community organizations. The steps involved are:

- 1 Ask if the individual uses tobacco
- 2 Advise about the benefits of being tobacco free
- 3 Refer the client to the Helpline through the Online Referral System or through completing a Fax Referral Form.

Clinical Practice Guidelines for Tobacco Cessation recommend that healthcare providers refer individuals who smoke to effective smoking cessation services, including quitlines.

A referral to the Smokers' Helpline links the individual to a range of services and follow-up support available over-the-phone, online or through group programs. All services are free.

Services are tailored to the individual and their current stage of the quitting process. There is no pressure to quit right away. Some of the common topics discussed include: advice on nicotine replacement therapy and smoking cessation medications; reducing daily smoking; withdrawal symptoms; and managing cravings and trigger situations.

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[smokershelp.net](http://smokershelp.net)  
Phone: 1-800-363-5864  
Fax: (709) 726-2550  
Email: [shl@nf.lung.ca](mailto:shl@nf.lung.ca)

Individuals can also reach the Helpline based in this province by calling the phone number on a cigarette package.