

# Help to QUIT SMOKING



## NEWFOUNDLAND AND LABRADOR SMOKERS' HELPLINE

Practical tips and tools that really work.

Connect with us today!



### Phone

Call to discuss our services and get some practical advice on moving forward. We can also arrange to provide proactive follow-up calls to help you with staying on track. If you choose, we will call you back to check in once per week or once every second week, up to 6 times.



### Email

Receive 1 email per week for 5 weeks covering everything you need to know about setting up your quit plan. You're welcome to email us back and we'll respond! It's a convenient way to get answers to any questions and also get some extra words of encouragement.



### Text

Receive 1 text per day during the weekdays (5 per week) for 12 weeks. The texts provide quick tips that motivate, educate and help you stay on track with your quit plan. Text us back and we'll respond. Try it out! You can unsubscribe at any time.



### Online

Browse through helpful articles and try out the interactive tools and quizzes to learn some new strategies to help on your quit journey. Chat with us online to get answers to any questions you may have or just to check in about how you're doing.



### Materials

Receive free self-help information on quit-smoking products, managing cravings, and coping with withdrawal. Connect with us to get a free kit.

### Information and Guidance on:

- Planning how to deal with cravings and trigger situations so that you're prepared
- Managing withdrawal symptoms to make you feel more comfortable
- Different approaches to quitting, such as reducing your daily smoking amount which will make it easier to quit when you are ready
- Nicotine replacement therapy and smoking cessation medications to help you make the decision about what may work best for you

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