



www.pregnets.org

SMOKING CESSATION RESOURCES

Smokers' Helpline **1 877 513-5333**

Motherisk Helpline **1 877 327-4636**

CAMH Nicotine Dependence Clinic **416 535-8501**

St. Joseph's Health Centre Quit for Life Clinic **416 530-6860**

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www.stopsmokingcenter.net

TIPS TO HELP YOU QUIT

Make a Quit Plan

How will I prepare:

My quit date:

Who will help me:

Medication plan:

Discuss with Motherisk and your doctor

Skills and behaviours:

Get rid of cigarettes and ashtrays, keep busy, drink lots of water, etc.