



[www.pregnets.org](http://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**

[www.pregnets.org](http://www.pregnets.org)

[www.stopsmokingcenter.net](http://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.*