


**patient resource
card**

**patient resource
card**

	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	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: <u>Discuss with Motherisk and your doctor</u>
Skills and Behaviours: <u>Get rid of cigarettes and ashtrays, keep busy, drink lots of water, etc.</u>
