

Smokers' Helpline – 1 877 513-5333

**Free
Confidential
One-to-one
Bilingual**



When you're ready to talk about quitting, we're here to help

The *Smokers' Helpline* is a free, confidential, bilingual telephone service you can call for easy access to a trained quit specialist. We can help you develop a structured quit plan, answer your questions about quitting and refer you to services in your community.

We use the most up-to-date information, and everything we provide is free to residents of Saskatchewan.

Call our toll-free number today at 1 877 513-5333

Monday through Thursday, 7 a.m. - 7 p.m.

Friday, 7 a.m. - 4 p.m.

Saturday and Sunday, 7 a.m. - 3 p.m.

OR

Visit the *Smokers' Helpline* Online

Smokers' Helpline Online is an interactive, web-based service available 24 hours a day, 7 days a week offering tips, tools and support to help with quitting smoking.

<http://www.smokershelpline.ca/>

Why should you call the Smokers' Helpline?

Call us when...

- you want to quit
- you're thinking about quitting
- you've quit and you need support
- you've quit for a while but now you're smoking again
- you don't want to quit
- you think you should quit sometime, but you're not ready now

What can I expect when I call?

You'll speak one-on-one with someone who understands what you're going through. A Quit Specialist can help you with:

- making a quit plan that works for you
- coping with cravings
- information on quitting methods
- withdrawal symptoms
- managing stress
- available services and resources

Special online features include:

- Online discussion forums to post questions and experiences with fellow quitters
- A "Quit Meter" that gives personalized feedback about financial and health gains based on your quit date
- "Quit Buddies" an instant messenger service where you can send messages to others for quit support at any time
- "Inspirational e-mails" with helpful information, tips and tools for remaining smoke-free