

Get Help to Quit

One Step at a Time

One Step at a Time is a series of booklets on smoking and quitting. They will help you understand why people smoke and guide you through the process – once you're ready to quit.

cancer.ca



Canadian Cancer Society
Société canadienne du cancer

Smoking Treatment for Ontario Patients (STOP) Program:

The STOP program is a province-wide initiative that delivers smoking cessation treatment and counselling support to eligible Ontario smokers who wish to quit smoking. To participate in the

STOP on the Road program:
nicotinedependenceclinic.com

camh Centre for Addiction and Mental Health

Smokers' Helpline

Talk to a quitting specialist and create a personalized quit plan.

1-877-513-5333

smokershelpline.ca

smokers' helpline

Offered in French and English

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LGBTQ2S+ & SMOKING

More than 1 in 4 lesbian, gay, or bisexual adults smoke cigarettes, compared to roughly 1 in 6 heterosexual/straight adults.

Statistics Canada

- Discrimination such as transphobia and homophobia can be stressful and isolating. Smoking may have been a way of coping.
- Discrimination may present barriers in accessing support to quit.
- Tobacco companies use targeted advertising to specifically influence the LGBTQIA community to smoke.
- Smoking less leads to improved mood, increased health, and more energy!



Unit 115 – 89 Dawson Rd
Guelph, ON N1H 1B1
519-763-2255 • 1-800-282-4505
519-763-8125 (fax)
archguelph.ca



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