

Resources to Help

Smoker's Helpline: 1-877-513-5333

- Run by the Canadian Cancer Society
- Telephone support
- Many reading materials



Websites:

www.hc-sc.gc.ca is Health Canada's website to help you assess how ready you are to quit smoking and give you ways to get motivated and develop a plan.



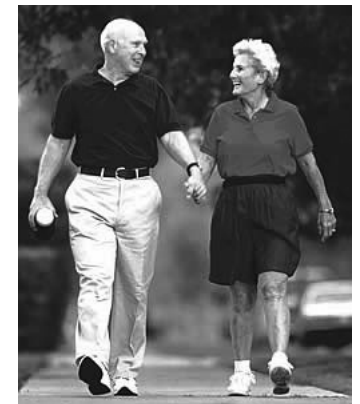
www.quitnet.com offers support for smokers trying to quit and stay smoke-free.

www.quit4life.com is a Health Canada website that offers a 4-step quit plan as well as quizzes, and worksheets.

www.on.lung.ca is the Lung Association's site for lots of tips and reading material.

St. Joseph's
Healthcare  Hamilton

Leave the Pack Behind



Help for Quitting Smoking



Workbook

www.stjoes.ca

This workbook is for you

Use this workbook to help you with your decision to quit smoking. Take some time to work through the book, think about your plan and set some goals. You can talk to any member of the health care team while you are in the hospital and refer to the resources on the back page after you leave.

Some questions to think about



- Did you know that smoking can lead to health problems?
 Yes No
- Have you had a cigarette in the past 3 weeks?
 Yes No
- Have you tried to quit smoking in the past?
 Yes No
- Are you interested in talking to a member of the health care team about smoking?
 Yes No

How to START

Spend time with good friends. **S**et quit date.

Tell family, friends and coworkers that you plan to quit. Ask for their support and encouragement.

Avoid smoking in places that you like to spend time.

Remove tobacco products and ashtrays from your home, backyard, and car.

Try to avoid going to places where people smoke.

You may also want to ask a friend to be your 'Buddy'.

Your Buddy can:

- listen
- help you meet your goals
- reward you with positive comments
- walk with you to keep you healthy
- support you in any way you ask

My Quit Smoking Plan

Goal	Plan	Date to meet goal	How did I do?