



QuitNow is a free program to help you quit or reduce smoking and/or vaping. Our personalized support services have helped thousands of British Columbians quit tobacco and nicotine.

QuitNow includes resources, personalized coaching, and access to a supportive community.

HOW TO JOIN QUITNOW

Visit www.quitnow.ca
to create a personalized Quit Plan!

We will walk you through creating your profile and setting up an online plan of action to help you feel ready to quit and stay quit.

quitnow 

BEHAVIOURAL COACHING

Work with a trained Quit Coach over the phone or via live chat on our website to receive trained support. You can also sign up for Text Tips for quick tips and encouragement.

SUPPORTIVE COMMUNITY

The QuitNow Community Forum is a place to share quit tips and coping strategies, celebrate quit successes, and get support from others who know what you are going through.

SUPPORT WHEN YOU NEED IT

You can call our Quitline 24/7 at
1-877-455-2233 to get started with a Quit Coach.

