Quitting Smoking?
Let QuitNow help you by increasing your chances of staying quit.
QuitNow is a FREE quit-smoking service, offering support by:

**PHONE**
- Call 1-877-455-2233 toll-free to speak with a trained Quit Coach. Quit Coaches will help you create a quit plan, deal with cravings and get the support you need to stay smoke-free.

**ONLINE**
- Visit [www.quitnow.ca](http://www.quitnow.ca) to create a personalized Quit Plan
- Live chat with a Quit Coach
- Get support through social media and the online community

**TEXT**
- Text **QUITNOW** to 654321 to get motivational messages
- Text **CHAT** to talk to a Quit Coach

Try QuitNow today!