



QuitNow is a free, confidential, and personalized program that offers information and support to British Columbians looking to quit or reduce tobacco and nicotine use.

Talk Tobacco is a free, confidential, culturally inclusive service that offers information and support to people from First Nations, Inuit, Metis, and Urban Indigenous communities who are making changes with their commercial tobacco use.

SUPPORT TO QUIT FOR ALL.

Access QuitNow

Access Talk Tobacco

Available in 16 Indigenous languages

1-877-455-2233



1-833-998-TALK (8255)

Live Chat
quitnow.ca/chat



Live Chat
talktobacco.ca

Text QUITNOW to
654321



Text CHANGE to
123456

TO REFER A CLIENT VISIT:

quitnow.ca



talktobacco.ca

QUITLINES LIKE QUITNOW AND TALK TOBACCO CAN MORE THAN DOUBLE PATIENTS CHANCES OF QUITTING SUCCESSFULLY.



Canadian
Cancer
Society