

# Supports Available to Quit Smoking

## **Smokers' Helpline**

*Canadian Cancer Society*

Monday to Thursday,  
8 am to 9 pm  
Fridays, 8 am to 6 pm  
Weekends, 9 am to 5 pm

**1.877.513.5333**

## **Tobacco Talk Line**

*Hastings & Prince Edward  
Counties Health Unit*

Monday to Friday  
8:30 am to 4:30 pm.  
Messages can be left and  
support staff will call you back.

**613.966.5513 x 600**

## **Quinte Quitters Support Group**

A monthly support group is held at  
the Belleville Health Unit. One on  
the 3rd Thursday evening of each  
month. Call for specific details  
and/or dates and times at:

**613.966.5513 x 600**

## **FREE Quit Smoking Classes**

Quit classes are available  
throughout the year when  
demand warrants. Call the  
Tobacco Talk Line for dates  
and times.

**613.966.5513 x 600**

## **Websites and Chat Rooms**

[www.smokershelpline.ca](http://www.smokershelpline.ca)  
[www.gosmokefree.ca](http://www.gosmokefree.ca)

## **FREE Quit Smoking Kits**

for adults, pregnant women and  
youth.

Pick up a quit kit at  
your local Hastings & Prince  
Edward Counties Health Unit  
office.

***Just Walk In!***

## **Chronic Disease & Injury Prevention**

For more information, contact the Tobacco Talk Line at 613.966.5513 x 600 or if long  
distance 1.800.267.2803 x 600. TTY 613.966.3036 Monday to Friday 8:30 to 4:30 pm  
or visit us online at [www.hpechu.on.ca](http://www.hpechu.on.ca)

Health Unit



Hastings &  
Prince Edward Counties

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