

Quit Smoking Helpline (Free, by Alberta Quits): **1-866-710-QUIT (7848)** open 8am-8pm, 7 days per week

24-Hour Addiction Helpline (Free, by Alberta Health Services): **1-866-332-2322**

Programs

Alberta Quits

<https://www.albertaquits.ca>

This is the go-to program for Albertans seeking to quit or reduce their tobacco intake. They offer confidential and personalized tobacco reduction support online, through text/SMS, by phone, and facilitation of group support. All services are free. Visit their website or call 1-866-710-QUIT (7848).

Pregnets (Prevention of Gestational and Neonatal Exposure to Tobacco Smoke)

<http://www.pregnets.org>

Pregnets offers free online resources for new and expectant mothers seeking to quit smoking.

Your Community Pharmacy

All pharmacists in Alberta can provide tobacco cessation services. By consulting with them, they can provide you with information and counselling on available medications, and they will work with you to develop a tobacco cessation plan that works for you. Contact your local pharmacy or physician to discuss this.

Other Resources

Better Choices, Better Health Workshops (Alberta Healthy Living Program)

<https://www.albertahealthservices.ca/services/bcbh.aspx>

A series of workshops offered online and in various locations across Calgary. The workshops are intended to support Albertans in managing their health and symptoms. These workshops are available for free, no referral is needed. Note that this program is not specific to quitting smoking, but many principles listed therein are relevant.

YouTube Video: What is the Single Best Thing You Can Do to Quit Smoking?

<https://www.youtube.com/watch?v=z16vhtjWKL0>

Explained by Dr. Mike Evans from Reframe Health Lab.

