

Quitting tobacco?

Try the 4 Ds
to manage cravings:

Distract	Delay
Deep Breathe	Drink Water

Contact us for free support,
advice and information.
You can quit! We can help.

Phone
Support



Online
Program



Text
Messaging



smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333



Canadian Cancer Society
Société canadienne du cancer

smokers' helpline

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Canadian
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Society

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**SMOKE
FREE
ONTARIO**