

# Resources to Stop Smoking

## Medication Support and Counselling Programs

**Tobacco Quit Card and Counselling Program:** Provides counselling and \$300 of nicotine patches and aids to low-income Manitobans who are patients of participating clinics across the province. Those not eligible for a Quit Card may still be able to receive counselling. For more information, visit: [sharedhealthmb.ca/TQCC](http://sharedhealthmb.ca/TQCC), or contact your health-care provider.

**Quit Smoking with your Manitoba Pharmacist Program:** Participating Manitoba pharmacies provide \$100 and up to nine counselling sessions for Manitobans wanting to quit. Medications covered include nicotine patches, aids and oral medications. For more information, including the list of participating Manitoba pharmacies, [visit their website](#).

## Group Programs

**Commit to Quit Program (C2Q)** is a five-session program offered live online to all Manitobans. This series is for anyone who would like to reduce or stop their tobacco or nicotine use. Learn about your triggers, setting realistic goals, how to start reducing, behavioural strategies that work and find out about quit medications. See [wrha.mb.ca/groups](http://wrha.mb.ca/groups) or call 1-877-979-9355.

**Packing It In** is a one-class overview of the steps to quit smoking. It's a helpful introduction if you are interested in the longer Commit to Quit Program. A recorded version is available at [wrha.mb.ca/groups](http://wrha.mb.ca/groups).

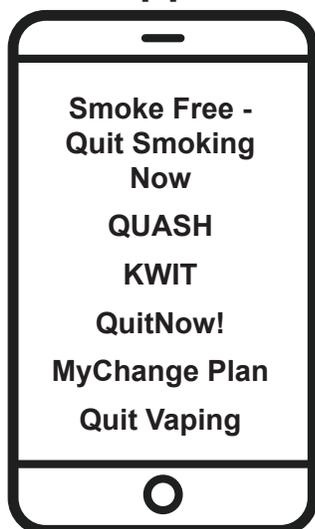
**The Last Drag** is a Winnipeg 2SLGBTQ+ Facebook peer support group to help you quit smoking.

## Online, Phone & Text Support

**Smokers' Helpline** is a free, confidential help line and online support. Now also offering text support to get you smoke-free for good. For more information visit their [website](#) or call 1-877-513-5333.

**Talk Tobacco** is an Indigenous Quit Smoking and Vaping resource providing free, confidential help line and online support. Now also offering text support. Visit their [Facebook page](#) or call 1-833-998-TALK (8255).

### Apps



### Websites

**[The Quit Crowd](#):** A diverse and welcoming community of Manitobans looking to quit smoking or stay smoke-free.

**[Manitoba Lung Association](#):** Join the Facebook group Manitoba Quits or visit their website to receive a free Quit Kit and download the book *That's It, I Quit*. Individual support also available, plus quit contests and challenges.

**[On the Road to Quitting \(Health Canada\)](#):** Download a copy of a *On the Road to Quitting Guide to Becoming a Non-smoker*. For additional information, call 1-866-225-0709.

**[Manitoba Government Website](#):** Additional resources listed.