

Quitting Tobacco & Secondhand Smoke Resources

The following is a list of organizations that provide consumer information resources on quitting tobacco and secondhand smoke. The resources are recommended to be distributed when accompanied with the 5A's of brief tobacco cessation counselling. Note: The listing may not be all inclusive.

Canadian Cancer Society

www.cancer.ca

Toll-free: 1 888-939-3333

Saskatchewan Health

www.health.gov.sk.ca

General Inquiry Line: 1-800-667-7766

Health Canada

www.gosmokefree.ca

Toll-free: 1-866-225-0709

Saskatchewan Prevention Institute

www.preventioninstitute.sk.ca

Ph: (306) 655- 2512

Heart and Stroke Foundation

www.heartandstroke.sk.ca

Phone: (306) 244-2124

Saskatoon Health Region

www.saskatoonhealthregion.ca

Tobaccofree HelpLine: (306) 655-4685

Resource Centre: (306) 655-4600

Lung Association of Saskatchewan

www.sk.lung.ca

Toll-free: 1-888-566-5864

Smokers Helpline

www.smokershelpline.ca

Toll Free: 1-877-513-5333