

Get Free Help to
Quit or Reduce
your Smoking



1.0 Resources for Eligible Brock University Employees

1.1 [Employee Family Assistance Program](#)

The University's carrier, Shepell-fgi is an accredited organization which provides Employee and Family Assistance Program (EFAP) services to those eligible employees and their eligible dependents. Shepell-fgi is a leading EFAP service provider and offers a wide range of confidential and voluntary support services to assist in resolution of everyday challenges, complex issues, and everything in-between. The service is available at no cost to you, 24 hours a day, 7 days a week by calling 1-800-387-4765.

1.2 [Employee Benefits](#)

Brock University offers a comprehensive benefits program to those eligible employees designed to assist people in meeting their health and dental expenses. Employees eligible for benefits should review their plan to determine their smoking cessation aids and medication coverage.

2.0 Resources for Brock University Students

2.1 [Student Health Services](#)

Contact Student Health Services (SHS) at 905-588-5550 ext. 3243 for an appointment to see a physician to discuss quitting smoking and cessation options.

2.2 [Student BUSU Health and Dental Plan](#)

The Brock University Students' Union offers students a comprehensive Health, Vision, Dental, Travel and Accident plan. Students enrolled in this plan may have coverage for some smoking cessation aids and medications, restrictions may apply.

2.3 [Graduate Students' Association Health and Dental Plan](#)

The Graduate Students' Association (GSA) offers full and part-time graduate students a comprehensive Health, Vision, Dental, Travel and Accident plan. Graduate Students enrolled in this plan may have coverage for some smoking cessation aids and medications, restrictions may apply.

2.4 [Leave the Pack Behind](#)

While funding has ceased, Leave The Pack Behind's online quitting resources which were developed specifically for young adults remain posted.

2.5 Smartphone Apps (Free, from the App Store)

Break it Off - more info at breakitoff.ca

3.0 More Free Resources to Quit or Reduce Smoking

3.1 [STOP Program - \(CAMH\)](#)

The Centre for Addiction and Mental Health's STOP Program offers:

- Weekly Support Groups
- Cessation Counselling and Medications
- Nutrition and healthy living
- Assistance developing a quit plan

How to access STOP:

New Patients: Register with CAMH by calling Access CAMH (416-535-8501, press 2).

CAMH Patients: Call Access CAMH (416-535-8501, press 2) to be connected to the NDC.

You will receive a phone call to attend the "[Getting Started](#)" workshop.

3.2 Niagara Region Public Health

The Niagara Region Public Health offers:

- Smoking Cessation Groups
- Free NRT (5-week supply after attending group session)

Call **905-688-8248 ext. 7240** to find out when their next workshop is and if you're eligible.

3.3 First Nation or Inuit

For status First Nation or Inuit individuals, coverage of cessation aids is available through the Non-Insured Health Insurance Benefits (NHIB) office.

3.4 French Speaking Residents

Free nicotine replacement therapy may be available from Centre de Santé Communautaire Hamilton / Niagara for French speaking residents. To find out if you are eligible call **905-714-9935 ext. 2239**.

3.5 Heart Niagara

Niagara residents may be eligible to receive free Nicotine Replacement Therapy (nicotine patch, gum, lozenge or inhaler). Call **905-358-5552**.

3.6 Niagara Region Tobacco Helpline

The Niagara Region Tobacco Helpline receives calls 24/7 but will return calls/messages M-F 8:30-4:30.

The Tobacco Helpline offers:

- Quitting Support
- Signage for business/home/car

- Information regarding smoking/vaping legislation
- Reporting smoking/vaping complaints

Call the Tobacco Hotline at **905-688-8248** or **1-888-505-6074 ext. 7393**.

Anonymous complaints can be left on the voicemail. Press 0 to speak with a representative. All information is kept confidential.

3.7 [Telehealth](#)

Telehealth Ontario provides counselling support over the phone if you're quitting smoking. Call a Quit Coach at **1-866-797-0000** for smoking cessation supports 24/7.

3.8 Clinic Specific Cessation Aids

3.8.1 Patients of a Niagara Region Family Health Team

Rostered patients of the following Family Health Teams can access free Nicotine Replacement Therapy:

- Welland McMaster 905-734-9699 ext. 3
- Niagara North, St. Catharines 905-988-9617 ext. 226
- Niagara North, Niagara-on-the-Lake 905-468-2177 ext. 130
- Beamsville Medical Centre 905-563-5315
- Portage Medical 905-354-9393 ext. 225
- Smithville Medical Centre 905-957-3328

3.8.2 Patients of a Community Health Centre

Rostered patients of the following Community Health Centres can access free Nicotine Replacement Therapy:

- Quest Community Health Centre 905-688-2558 ext. 243
- Niagara Falls Community Health Centre 905-356-4222 ext. 233
- Bridges Community Health Centre
- Fort Erie 905-871-7621 ext. 2226
- Port Colborne 289-479-5017 ext. 2421