

Appendix G: Tobacco Intervention Resources List

A) Resources for People Who Smoke

Canadian Cancer Society

National Office

55 St Clair Avenue West, Suite 300

Toronto, Ontario, M4V 2Y7

Email: ccs@cancer.ca

Tel: 1-416-961-7223

Website: www.cancer.ca

Offers booklets and self-help resources for individuals who smoke, such as “For smokers who want to quit” and “For smokers who don’t want to quit,” available in English and French.

Smokers’ Helpline

Tel: 1-877-513-5333

Website: www.smokershelpline.ca

Offers evidence-based cessation services free of charge. Highly trained quit coaches offer non-judgmental and personalized support by phone. Service is available in French and English and, through a translator, in more than 100 other languages. SmokersHelpline.ca offers a self-guided quit program and a moderated community of quitters. Ontario clients can text iQUIT to 123456 to receive support by text message. Health-care providers can learn more about how to refer clients at SmokersHelpline.ca/refer

Centre for Addiction and Mental Health—Nicotine Dependence Clinic

175 College Street

Toronto, Ontario, M5T 1P7

Tel: 1-416-535-8501, ext. 34455

Website: www.nicotinedependenceclinic.com

Operates a Smoking Cessation Clinic and offers training for health practitioners through the Training Enhancement in Applied Cessation Counselling and Health program (TEACH).

Health Canada

Tobacco Control Programme Postal Locator: 0301A

Ottawa, Ontario, K1A 0K9

Tel: 1-866-318-1116

Fax: 1-613-952-5188

Email: TCP-PLT-questions@hc-sc.gc.ca

Website: www.gosmokefree.ca

The website contains a variety of new tools to help Canadians quit smoking. People who smoke can sign up with the e-Quit program for a 30-day series of free email messages to help them through the cessation process.

Heart and Stroke Foundation of Canada

110-1525 Carling Ave.

Ottawa, Ontario, K1Z 8R9

Tel: 1-613-727-5060

Fax: 613-727-1895

Email: info@hsf.ca

Website: <http://www.heartandstroke.ca/>

Heart & Stroke is a leading funder of life-saving research, which has led to breakthroughs such as heart transplant surgery and a revolutionary stroke treatment that cuts the death rate by 50 percent.

Leave The Pack Behind

Brock University, Niagara Region

1812 Sir Isaac Brock Way, Plaza 514

St. Catharines, Ontario, L2S 3A1

Tel: 1-905-688-5550, ext. 4992

Email: ltpboffice@brocku.ca

Website: www.LeaveThePackBehind.org

This tobacco control program offers young adults smoking and quitting information, personalized support, and quitting resources funded by the Government of Ontario.

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

Website: www.pregnets.org

Improves the health of mothers and their babies by offering information, resources, and support to pregnant and postpartum women and their health-care providers.

Canadian Lung Association

National Office

1750 Courtwood Crescent, Suite 300

Ottawa, Ontario, K2C 2B5

Tel: 1-888-566-LUNG (5864)

Email: info@lung.ca

Website: www.lung.ca

Ontario Lung Association Branch

18 Wynford Drive, Suite 401

Toronto, Ontario, M3C 0K8

Tel: 1-888-566-LUNG (5864)

Email: info@on.lung.ca

Website: www.on.lung.ca

Promotes lung health, and helps people prevent and manage lung disease by funding vital research, pushing for improved treatments and smarter policies, and supporting patients in managing their health.

B) Resources for Health-Care Professionals

Best Start—Tobacco Misuse Resources

180 Dundas Street West, Suite 301
Toronto, Ontario, M5G 1Z8
Tel: 1-416-408-2249 or 1-800-397-9567
Fax: 1-416-408-2122
Email: beststart@healthnexus.ca
Website: www.beststart.org

A component of the Best Start Resource Centre, a key program of Health Nexus, which is a bilingual health promotion organization that works with diverse partners to build healthy, equitable, and thriving communities. The Best Start Resource Centre supports service providers who work in preconception health, prenatal health, and early child development.

Physicians for a Smoke-Free Canada (PSC)

134 Caroline Avenue
Ottawa, Ontario, K1Y 0S9
Tel: 1-613 297 3590
Fax: 1-613-728-9049
E-mail: psc@smoke-free.ca
Website: www.smoke-free.ca

A national organization of Canadian physicians who share one goal: the reduction of tobacco-caused illness through reduced smoking and reduced exposure to second-hand smoke. PSC also provides information on a variety of tobacco issues.

Centre for Addiction and Mental Health—Ontario Tobacco Research Unit (OTRU)

33 Russell Street
Toronto, Ontario, M5S 2S1
Tel: 1-416-595-6888
Fax: 1-416-595-6068
Email: info@otru.org
Website: www.otru.org

An Ontario-based research network that is recognized as a Canadian leader in tobacco control research, monitoring and evaluation, teaching and training, and as a respected source of science-based information on tobacco control.

Program Training and Consultation Centre (PTCC)

c/o Cancer Care Ontario
505 University Avenue, 16th Floor
Toronto, Ontario, M5G 2L7
Tel: 1-800-363-7822
Email: admin@ptcc-cfc.on.ca
Website: www.ptcc-cfc.on.ca

Provides training and consultation services in Ontario to implement effective community-based tobacco use reduction strategies.

Registered Nurses' Association of Ontario (RNAO)

158 Pearl Street
Toronto, Ontario, M5H1L3
Tel: 416-599-1925 or 1-800-268-7199
Fax: 416-599-1926
Website: www.tobaccofreernao.ca

Offers workshops, webinars, and e-learning courses to help educate health professionals about smoking cessation interventions.

Centre for Addiction and Mental Health— Training Enhancement in Applied Cessation Counselling and Health (TEACH)

175 College Street, 3rd Floor
Toronto, Ontario, M5T 1P7
Tel: 1-416-535-8501, ext.31600
Email: teach@camh.ca

Website: www.nicotinedependenceclinic.com/English/teach/Pages/Home.aspx
Trains practitioners in tobacco cessation interventions.

Centre for Addiction and Mental Health—The Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment (CAN-ADAPTT)

175 College Street
Toronto, Ontario, M5T 1P7
Email: can_adaptt@camh.net
Website: www.nicotinedependenceclinic.com/English/CANADAPTT/Pages/Home.aspx

A Practice-Based Research Network (PBRN) facilitating research and knowledge exchange among practitioners, researchers, and policy-makers in the area of smoking cessation.

You Can Make It Happen

Website: youcanmakeithappen.ca

A comprehensive source of information, tools, and resources about tobacco cessation for health-care providers, provided by public health units and Smokers' Helpline.

C) International Resources

Association for the Treatment of Tobacco Use and Dependence (ATTUD)

Website: www.attud.org

An organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user.

Centers for Disease Control and Prevention (CDC)

1600 Clifton Road

Atlanta, Georgia, 30329-4027

USA

Tel: 1-800-CDC-INFO (1-800-232-4636); TTY: 1-888-232-6348

Website: www.cdc.gov/tobacco/index.htm

World Health Organization (WHO)—Tobacco Free Initiative (TFI)

WHO Prevention of Noncommunicable Diseases (PND)

20 Avenue Appia

1211 Geneva 27

Switzerland

Tel: +41 22 791 4426

Fax: + 41 22 791 4832

Email: tfi@who.int

Website: www.who.int/tobacco/research/cessation/en