

E-MENTAL HEALTH HIGHLIGHT
JULY 3, 2023

**Online Program -
 Smokers' Helpline**

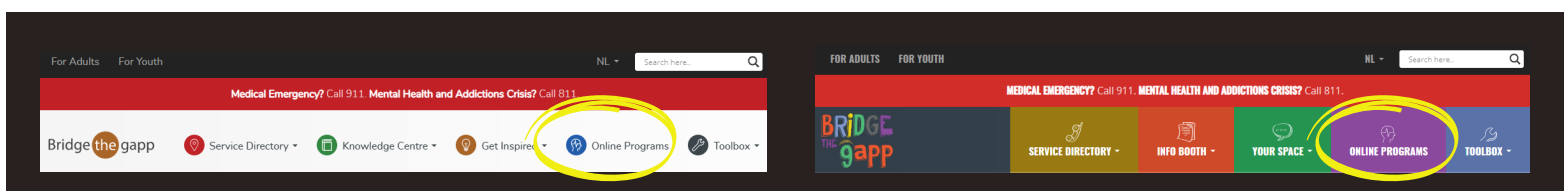


Bridge  the gapp

www.bridgethegapp.ca



The **Online Programs** tab on both the Adult and Youth pages of **Bridge the gapp** provide information about and access to free programs available to residents of Newfoundland and Labrador.









Staffed by trained quit coaches, the **Smokers' Helpline**, available to anyone at any age, is a free, confidential service that provides information, resources, support and motivational counselling for people working towards reducing their tobacco use or becoming smoke free. The helpline also provides information about vaping prevention and cessation.



Programs & Services Available

www.smokershelp.net

-  Call **1-800-363-5864** to learn more about the programs and services available, and get practical advice on moving forward. Avail of up to 6 personalized follow-up calls with your own quit coach who will help you achieve your goals.
-  Sign up online at smokershelp.net to receive 1 email per week for 5 weeks covering everything you need to know about setting up your quit plan. You can also email the helpline directly at shl@nf.lung.ca; a convenient way to get answers to questions and extra words of encouragement.
-  Text the helpline anytime at **709-700-7002** and a quit coach will get back to you as soon as possible (during the helpline's regular hours). Sign up to receive 1 text per day during the weekdays (5 per week) for up to 12 weeks. You can unsubscribe at any time.
-  Sign up for the helpline's web app kickash.ca which has many features to help you stay motivated and to see your progress.
-  Find helpful articles and try out the interactive tools and quizzes to learn some new strategies to help on your quit journey. Chat with the helpline online to get answers to any questions you may have or just to check in about how you're doing.
-  Get a free information package filled with resources to help you create your own quit plan.



mindful e-quit
 a program of the Newfoundland and Labrador Smokers' Helpline

Speak with a quit coach.

1-800-363-5864
 or call the phone number on the cigarette pack to directly connect to the

Newfoundland and Labrador Smokers' Helpline

