

Want Help Quitting Vaping or Smoking?

Mobile Apps



Quash.

Quash - Smoking and Vaping

An interactive app designed to help youth quit smoking or vaping. It helps you progress through each stage of the quitting process. Learn more about yourself and your habits.



Stop Vaping Challenge - Vaping Only

This app assists youth to reflect on their vaping behaviours and patterns in a fun, social way that encourages quitting with friends.



My Change Plan - Tobacco Only

This user-friendly app allows you to fill in a personalized quit plan including your triggers, coping strategies, motivational messages, and gives you the option of forming a support team.

Coaching and Online Support

Smokers' Helpline - www.smokershelpline.ca

- Online Program - self-help tools for quitting smoking, vaping and tobacco use, discussion forums, and an active Quit Buddy community.
- Text Messaging - interactive support for up to 13 weeks - text "iQuit" to 123456.

Health Connect Ontario (previously Telehealth Ontario)

[Health Connect Ontario](http://HealthConnectOntario.ca)

- Call 1-866-797-0000 or call 8-1-1
- 24/7 confidential support for mental health matters and addiction concerns

Talk Tobacco - www.smokershelpline.ca/talktobacco

Designed to meet the need for culturally relevant tobacco and vaping cessation services for First Nation, Inuit, Métis, and urban Indigenous communities.

- Phone Support - 1-833-998-8255
- Live Chat - TalkTobacco.ca
- Text Support - Text CHANGE to 123456
- Online Community Support

Quitting Tobacco/Vaping - www.lunghealth.ca/tobacco

- Online Program including a toolkit and live chat
- Phone Support - 1-888-344-5864

Nicotine Replacement Therapy (NRT)

NRT should be considered for those seeking supports to quit, including those under the age of 18. As with other medications, you should be assessed by a doctor or nurse before using NRT for quitting – youth under the age of 18 require a prescription from family doctor or nurse practitioner.

STOP on the Net by CAMH - register online at www.stoponthenet.com

- 18 years & over
- 10 weeks of NRT sent by mail
- Must smoke tobacco cigarettes
- Need an email address

Smoking and Vaping Resources

[Don't Quit Quitting - Online tool to help smokers quit](#)

This website is designed to educate smokers on the harmful effects it has and how the body will react when quitting.

[Get the Facts - Unfiltered Facts](#)

This website discusses common myths/misbeliefs about nicotine, vaping, and smoking.

[Introduction | Nod from 2050](#)

An interactive website designed to motivate individuals to quit vaping. It allows you to step into the future (2050) and send yourself a postcard after successfully quitting.

[Resources \(quashapp.com\)](#)

This section on Quash provides multiple inclusivity resources for communities. Including Indigenous youth and LGBTQ2S+ communities. There is a more tailored approach to aid these groups in the cessation of smoking.

Cannabis Web Resources

[The Blunt Truth](#)

Useful tips about safer ways to use Cannabis.

[Canadas-lower-risk-guidelines-cannabis](#)

10 ways to reduce risks to your health when using cannabis.

[Health effects of Cannabis - \(Health Canada\)](#)

Short & long-term health effects of cannabis use, health effects for youth, and health effects during pregnancy and breastfeeding.

[Canada Nurse's Association](#)

How to reduce the harms of non-medical cannabis use.

Addiction Support Resources

[Aboriginal Health Centre \(De dwa da dehs nye>s\)](#)

Adult, child and youth counselling and supports available.

- Call 519-752-4340

[Addictions and Mental Health | St. Leonard's](#)

Provides free, confidential support for addiction and/or mental health.

- Call 519-754-0253

[Kids Help Phone](#)

More than a helpline. Call, text, chat and more to get support using Kids Help Phone's 24/7 e-mental health services. For all young people in Canada.

- Call 1-800-668-6868 or text CONNECT to 686868

[Wellness Together Canada](#)

Mental health and substance use support for people in Canada and Canadians abroad. Always free and virtual, 24/7.

- Call 1-866-585-0445 or text WELLNESS to 741741

Pregnancy Web Resources

[Pregnets](#)

Includes archived blog posts, frequently asked questions, and more resources specific to pregnant and postnatal women.

[The Society of Obstetricians and Gynecologist of Canada](#)

Provides information on cannabis use for people who are pregnant, considering pregnancy, or breastfeeding.