

Nova Scotia Communities Taking Action



The Canadian Cancer Society's Smokers' Helpline is telephone based information and support service for smokers and the people that care about them. Our trained quit specialists can help you develop a structured "Quit Plan", answer your questions about quitting and refer you to services in your community.

We all have our own reasons for smoking and we understand that no 2 people are alike. People smoke for different reasons and now you have your own reasons for wanting to quit. To better assess your individual needs we may ask you a series of questions. Based on your answers, our quit specialists will listen, and help you with approaches to quitting.

Get the information you need. If you have questions, we can help you with answers. Talk to us about:

- * withdrawal symptoms
- * quitting methods
- * how to deal with slips and relapses
- * managing stress
- * dealing with cravings
- * asking for support

The Canadian Cancer Society - Nova Scotia Division is able to provide the Smokers' Helpline through funding by Health Canada's Prevention, Cessation and Education Fund which supports their Tobacco Control Program.

[Smokers' Helpline Website](http://smokershelpline.ca)

[Smokers' Helpline Press Conference](#) (Powerpoint Presentation)

[Newsletter \(Issue 1\)](#) (Adobe Acrobat File)

[Newsletter \(Issue 2\)](#) (Adobe Acrobat File)

[Smokers Helpline Statistics \(October 2003\)](#) (Powerpoint Presentation)



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