*** KICK IT: A Guide to Smoking Cessation in the Workplace***

**Resources**

<http://www.smokershelpline.ca>: Free, personalized tool to help you quit successfully from the Canadian Cancer Society.

1. Online quit program
2. **Phone toll-free 1-866-366-3667**
3. Text Messaging

<http://www.quitrunchill.org>: **FREE** web program for smokers & ex-smokers. It's based on the assumption that almost everyone wants to be a bit healthier. It focuses on 3 ways to get healthier:

1. Avoid smoking: Quit
2. Be More Active: Run
3. Manage Stress: Chill

<http://convio.cancer.ca/site/TR/Events/DTQ_ON_?pg=entry&fr_id=16556#.Utl-5pWP2t8>: The Canadian Cancer Society wants to sweeten the health rewards of quitting with fabulous prizes.

<https://www.nicotinedependenceclinic.com/>: STOP Program (Smoking Treatment for Ontario Patients). Receive nicotine gum and other stop-smoking aids for free if you join this Ontario-wide study about quitting.

<http://www.quitandgetfit.ca>: Quit and Get Fit! The Ontario Lung Association and trainers at GoodLife Fitness combine personal quit plans with fitness.

<http://www.tobaccowise.com>: The Aboriginal Tobacco Program explains the differences between sacred tobacco and commercial cigarettes.

<http://www.leavethepackbehind.org>: Leave the Pack Behind - A program that promotes smoke-free college and university campuses across Ontario. A new contest offers cash to young adults who quit.

<http://www.nsra-adnf.ca/cms/>: A volunteer-led organization that promotes public health by educating smokers and protecting non-smokers across Canada.

<http://www.smokefreehousingon.ca/sfho/>: Smoke-Free Housing Ontario - An organization working to make more of Ontario’s apartment buildings and multi-unit dwellings smoke-free.

<http://otru.org>: Ontario Tobacco Research Unit - Detailed information about smoking and tobacco policy in Canada.

Source: <http://www.mhp.gov.on.ca/>