

# The Benefits of Quitting

Tobacco does real damage. It's never too late to quit!

When you quit, your body will begin to heal itself and reverse these effects. Food will taste better. Flowers will smell sweeter, and walking up the stairs will be easier.

**Quit today so your body can start its recovery tomorrow.**



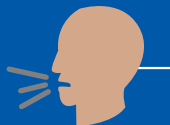
**20 minutes after quitting,** your blood pressure and pulse rate return to normal.



**After 12 hours,** the carbon monoxide level in your blood drops to normal.



**At 2 weeks to 3 months,** your lung function begins to improve.



**At 1 to 9 months,** your coughing and shortness of breath decrease.



**Throughout year 1 of quitting,** your sense of taste and smell return.



**Between 5 to 15 years,** your risk of coronary heart disease is that of a nonsmoker's.



**After 10 years,** your risk of dying from lung cancer is cut in half.

## MAKE QUITTING YOUR GREATEST SUCCESS.

Whether you're looking to quit smoking, vaping, or tobacco products, we are here for you every step of the way.



“ There are options out there for support to help you. As smokers, it is hard to ask for help. There is no judgement. ”

### CONTACT US

Phone

1-877-513-5333

Email

shlsupport@cancer.ca

Website

www.smokershelpline.ca



### HOURS OF OPERATION

**Monday to Thursday:** 9:00 am – 10:00 pm (AT)

**Friday:** 9:00 am – 7:00 pm (AT)

**Weekends:** 10:00 am – 6:00 pm (AT)

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smokers' helpline



Canadian Cancer Society

1-877-513-5333  
smokershelpline.ca

YOU CAN QUIT.

WE CAN HELP.



PHONE SUPPORT



ONLINE PROGRAM



TOOLS

REDUCE. QUIT. YOUR WAY.

Tobacco use in this brochure refers to the misuse and end-use of commercial tobacco products.

## About Smokers' Helpline

For over 20 years, **Smokers' Helpline (SHL)** has helped thousands of Canadians quit tobacco. Today we help Islanders quit smoking and vaping by offering one-on-one, tailored phone and online support.

**Smokers' Helpline** is evidence-informed, non-judgmental, and personalized to each client we serve. Our services are free and confidential. Your privacy matters to us.

If you're thinking about quitting, ready to quit, have already quit and need support or you're just not sure if now is the right time to quit, call us. We can help you make the change that is right for you.

Looking to help someone quit? Connect with us by phone or online for support.

### How It Works

1. Call us at **1-877-513-5333** or sign up online at [www.smokershelpline.ca](http://www.smokershelpline.ca) to get started.
2. You'll be linked with a Quit Coach who will help you build a personalized quit plan.
3. Together, you will plan things like setting a quit date, talk about quit aids, ways to deal with withdrawal, triggers, cravings, and what to do if you slip.
4. Communication with your Quit Coach will be available to you by phone or online via Live Chat during our hours of operation, 7 days a week.
5. You can connect with a Quit Coach as often or as little as you like. It's your choice!

## Support from a Quit Coach

Quit Coaches are trained tobacco specialists who will help you customize and follow your quit plan.

Your Quit Coach will work with you to keep you on track and help you adjust your quit plan along the way.

Quit Coaches understand what you're going through.

### They are here to:

- Help you create a realistic quit plan.
- Offer quit tips that really work.
- Help you take advantage of complimentary quit aids and incentives.
- Discuss ways to overcome cravings and break through challenges.
- Provide advice, encouragement, and motivation if things get tough.
- Connect you to programs and services in your local community.

“ Smokers' Helpline gave me more information about coping with quitting than I had seen before. I liked having all the information at my fingertips. It helped knowing other people were going through the same things as me. ”



## Your Quit. Your Way.

No matter what your quit journey looks like, we have the tools to support you.

When you're ready to quit smoking, vaping, or other tobacco use, choose the options that are right for you.

### BY PHONE 1-877-513-5333



- Free 1-on-1 sessions with a trained Quit Coach to create a Quit Plan.
- Unlimited Support.
- Available 7 days a week, in English and French, and in over 100 languages through an interpreter service.
- Clients who enroll are 8X more likely to be smoke-free after 6 months than those who choose to go it alone.

### ONLINE SmokersHelpline.ca



- Free online resources with the ability to choose which tools will work best for you.
- The online dashboard is available 24/7 giving you the flexibility to quit at your own pace.
- Explore the variety of tools offered and customize your quit plan.
  - Live Chat with a coach.
  - Join our Community Forum.
  - Access Self-help booklets.
  - Access additional services using our Quit Map tool.
  - Access our Quit Calculator.