

The majority of people who use tobacco  
**want to quit!**



Thinking about quitting?

**Ask Us.  
We can help.**

**smokers' helpline**

CONNECT TO QUIT  
[smokershelpline.ca](http://smokershelpline.ca)  
1 877 513-5333

For more information, contact your  
local public health unit or visit  
**[YouCanMakeitHappen.ca](http://YouCanMakeitHappen.ca)**

