

# THANK YOU FOR **NOT SMOKING** ON HOSPITAL PROPERTY

MERCI DE **NE PAS FUMER** SUR LA  
PROPRIÉTÉ DE L'HÔPITAL



You may be fined if smoking on the property

Vous pouvez être condamné à une amende  
si vous fumez sur la propriété



Thunder Bay Regional  
Health Sciences  
Centre

# Why Smoke-Free Grounds?



Thunder Bay Regional  
Health Sciences  
Centre

We are committed to improving the health of patients, visitors, staff, and community. Our Smoke-Free Grounds applies to all persons on our grounds. We will help those who want to reduce or quit smoking and/or need support for nicotine addiction while on Hospital property.



## Quit Supports

We are committed to supporting patients, families and staff to be smoke-free while at the Hospital. Being smoke-free is the single best thing you can do to prevent illness and be healthy. Whether you are planning to quit smoking or you have already quit, there are many resources available to help you.

## Smokers' Helpline - Connect to Quit

- Free, personalized advice, counseling and a quit plan that suits you. Telephone, online, and text options available.

Call 1 (877) 513-5333 or go to [www.smokershelpline.ca](http://www.smokershelpline.ca)

## Thunder Bay District Health Unit

- Free, individual cessation counseling (NRT voucher system available for eligible clients)
- Take Control: Personal Tobacco-Free Counseling  
[www.tbdhu.com](http://www.tbdhu.com)

Call the Tobacco Treatment Specialist - at (807) 625-5982

## The Quit Coach

- Individual Cessation Counseling
- Fee for Service

Contact Jim Morris at (807) 472-6309 or email [jtmorris@tбайtel.net](mailto:jtmorris@tбайtel.net)

## Pharmacists

Your local pharmacist is available to provide valuable support for quitting smoking. Pharmacists can prescribe and dispense quit smoking medications, as well as provide counselling services. Ask them about your smoking cessation needs.

## NWquit.com

A comprehensive smoking cessation listing and resource for all of the communities in the Northwest.

healthy  
together

En santé  
ensemble