

How to Access Nicotine Replacement Therapy (NRT)



What is NRT?

Nicotine Replacement Therapy (NRT) uses various supports (e.g., patches, gum, lozenges, inhaler, other medications, etc.) to assist in a person's efforts to stop smoking.



What can I do to get support?

USE EMAIL

- No email or internet access? Ask someone you trust to help you create one, or to use theirs.
- Order online, or ask for someone's help to order on your behalf.
- **Always speak with your healthcare provider before starting NRT**, to make sure it's safe for you!

GO ONLINE

- Check out the following **resources**:
 - www.Ontario.ca/page/support-quit-smoking
 - www.trenthillsfht.ca (search 'Addictions and Smoking' under the 'Healthy Living' tab)
 - www.smokershelpline.ca or call 1.888.939.3333

RECEIVE AT HOME

- Provide address where NRT items are to be delivered
- Can't find what you're looking for online? **Visit your nearest pharmacy** for more NRT options.

For more help with smoking cessation and/or accessing NRT resources, please contact the **THFHT Mental Health Team** at **705.653.1801 x4918**. *We are here to help!*

TRENT HILLS FAMILY HEALTH TEAM
Improving Lives Together