Top 10 Awesome Things You Didn't Know About Smokers' Helpline

Smokers' Helpline has over 25 years of experience. We've learned a lot and we're here to share that with you.

Here are 10 awesome things you may not have known:

1.**Support comes in Many forms**

We got you! There are booklets, websites, phone support, two types of text support, and emails. We also offer incentives and contests with prizes to help you start or keep going.

2.**It's all in One Place**

Once you sign up, everything is easy to access. Want a call? Submit a "Call Me" form. Want tips and information? It's all right there.

3.**Support for Everyone**

Don't go it alone! It doesn't matter if you're not thinking about quitting, working on it, or have already quit. We are here for you. No matter your age, background, or where you are on your journey, we understand and are here to support you. Don't be shy, reach out!

4. **Support in Other Languages**

With our phone support, we can connect with interpreters, so you can get help in the language you're most comfortable with.

5.**Online forums**

Join our website and connect with the online community. You can post, ask questions, or just read. You can even send direct messages to other members for extra support and encouragement.

6.**Celebrate Your Wins**

Download and print certificates to recognize your achievements. It's a terrific way to stay motivated!

7.**Quit Journal**

This is just for you and about you. Track your triggers, or smoke breaks, develop your plan, and reflect in your own private space.

8. **Quit Calculators**

Enter your info, whether you vape or smoke, and see how much money you're saving as you go.

9. **Quit Map**

Use your postal code to find supports near you and across Canada.

10. Real People Answer Chat!

When you use the LiveChat or text "CHAT" in our text program, you're talking to a real person, our trained quit coaches are answering, not bots or AI!

Caption For the Image: Meet our small but mighty team of Quit Coaches! This screenshot from a recent virtual meeting shows the reality of working across provinces in Canada.



Source:
Lillian Domjancic
Team Lead Smokers' Helpline
Canadian Cancer Society
For support, email shlsupport@cancer.ca
Visit Smokers' Helpline