

# New Year, Healthier You: Quit Smoking and Vaping in 2025

The start of a new year is the perfect time to commit to change.



Photo by [Pexels](#).

In Manitoba, more people are taking steps to quit smoking and vaping, and the numbers are inspiring. As of 2022, [14.1% of Manitobans smoke](#), down from [25.7% over two decades ago](#). Most people who have ever smoked have successfully quit, and [nearly half](#) of those who still smoke have tried to quit. Quitting is possible, and resources are available to help you become part of this positive trend.

Vaping is increasing in popularity. In Manitoba [7.8% of Manitobans vape](#), the highest rate in Canada. However, even as vaping rises, [42.4% of people who vape daily](#) have made quit attempts in the last year, showing that many are motivated to stop.

If you're thinking about quitting, **2025 could be your year!**

## Free Resources to Help You Quit Smoking or Vaping in Manitoba

You don't have to do it alone. Manitoba offers a wide range of free tools and programs, whether you prefer in-person, virtual, or group support. Find the option that's best for you and take your first step today.

### Quit Smoking with Your Manitoba Pharmacist

Great for: Convenient, in-person counselling and financial support for nicotine replacement therapy (NRT).

Offered by: Many community pharmacists, some in languages other than English

Participating Manitoba pharmacies provide personalized quit plans, including up to nine counselling sessions and a \$100 subsidy for Nicotine Replacement Therapy products that your pharmacist might advise are right for you. *Note: the deadline to enrol is March 31, 2025.*

### Smokers' Helpline

Great for: Virtual one-to-one support.

Offered by: Canadian Cancer Society

A free, confidential service offering phone coaching with a Quit Coach, text support for motivation, and access to an online community, with tools and personalized quit plans, available in more than one language.

### Talk Tobacco

Great for: Culturally tailored support for First Nation, Inuit, and Indigenous communities.

Offered by: Canadian Cancer Society

Provides free, confidential, and culturally appropriate support and information about quitting smoking or vaping, designed with input from Indigenous leaders and community members.

### Tobacco Quit Card and Counselling Program

Great for: People who are ready to quit smoking or vaping in the next 30-days! Convenient, in-person support and financial aid for NRT.

Offered by: Shared Health Manitoba

Offers counselling sessions for low-income patients with a health professional and a Quit Card redeemable for up to \$300 of nicotine replacement medications at any Manitoba pharmacy.

In Interlake-Eastern Region, enrol with your local [chronic disease nurse](#).

### ManitobaQuits

Great for: Joining a virtual community with regular quit challenges.

Offered by: Manitoba Lung Association

A Facebook Group offering peer support and quit challenges with opportunities to win prizes.

### Commit to Quit

Great for: Preparing to quit with online group support.

Offered by: Interlake-Eastern Regional Health Authority in partnership with Winnipeg Regional Health Authority

*Commit to Quit* is a five-week program offering live online group classes to help you become smoke-free.

### Packing it In

Great for: Preparing to quit.

Offered by: Winnipeg Regional Health Authority

*Packing it In* is a one-session primer on quitting smoking.

### Smoke-Free and Vape-Free Motivation Meters

Great for: Staying motivated to quit smoking or vaping.

Offered by: Manitoba Tobacco Reduction Alliance (MANTRA)

An interactive tool that helps you understand the financial and health benefits of quitting, keeping you motivated throughout your journey.

### First Week Challenge

Great for: Short-term commitment with a prize incentive.

Offered by: Smokers' Helpline

Encourages you to quit smoking for the first seven days of the month, with a chance to win \$500, increasing your likelihood of quitting for good.

## Take the First Step

Quitting smoking or vaping isn't easy, but the support you need is right here in Manitoba. You can also speak with your nurse, doctor, or pharmacist for additional advice and information on NRT and stop-smoking medications.

**Let's make 2025 your year to quit for good!**

### **About the Author**

[Manitoba Tobacco Reduction Alliance \(MANTRA\)](#) is dedicated to helping Manitobans reduce nicotine use through education, resources, and advocacy. [Sign up for our e-newsletter](#) to stay inspired and informed. To get in touch, contact us at [info@mantrainc.ca](mailto:info@mantrainc.ca).