

Helping Yukoners
**QUIT SMOKING
AND STAY QUIT**



GET SUPPORT



quitpath.ca

Free, self-directed program and supportive community, packed full of helpful tools and resources.



1.877.513.5333

Want to talk to a Quit Coach? Smokers' Helpline is available 7 days a week for free.



Text Support

Text QUITPATH to 123456 and get supportive messages anytime, anywhere.



Face to Face Support

To learn more call our QuitPath line at 1 866 221 8393

These materials are used with the permission of the BC Lung Association.

QUIT SMOKING AND STAY QUIT

It wasn't easy,
and I tried and
failed many
times. But this
time I'm done.
No more
cigarettes, ever."

*Dawn, ex-smoker with
son Ty*



GET AND STAY MOTIVATED



yk.tobaccofreetuesdays.com

Quit for 24 hours and
win great prizes! Enter the
first Tuesday of every month!



Free Nicotine Patches

Need extra help breaking the
habit, join QuitPath today!
1 866 221 8393 in Whitehorse call
667-8393.

QuitPath.ca

Yukon
Health and Social Services