

Nova Scotia

Smoking Cessation Resources

Tobacco Free Nova Scotia

A personalized and non-judgmental support to help you quit and stay quit. All services are free and confidential and include a quit line, text-based and online chat with counselors. Call 8-1-1 or register online.

Stop Smoking Program – NSHA Mental Health and Addictions

NSHA Mental Health and Addictions offices are located throughout Nova Scotia to help individuals, families and communities with problems created by the harmful use of alcohol, other drugs including tobacco, and gambling. This program offers group counselling and in some cases subsidized NRTs. To access these services visit <https://mha.nshealth.ca/en/services/stop-smoking-program> or call the intake team at 1-855-922-1122.

Smoke Free Curious

Smoke Free Curious offers tools for quitting including a self-help guide, financial savings calculator, live toll-free and online quit-line with a cessation counsellor, and a sample pack of NRTs. To access these tools visit www.smokefreecurious.ca

Freedom From Smoking

This online program takes you through modules, each containing several lessons to complete. This resource can be accessed anytime, day or night, on a schedule of your choosing. This is a pay-per-use service. To explore this service visit <https://www.freedomfromsmoking.org> .

Doctor, Nurse, or Pharmacist

You may want to consider trying nicotine replacement therapy (gum, patch, and inhaler) or a prescription to help you quit and stay quit. Contact your primary healthcare provider for guidance on the best treatment option for you.

Additional Resources

Quit smoking apps for iPhone and Android devices that can help you track your progress through your mobile device. Examples include: • Smoke Free • Kwit • LIVESTRONG My Quit Coach • Craving to Quit • Quit Pro

NSHA Stop Smoking Program Locations

Eastern Zone (Cape Breton, Guysborough and Antigonish areas):

Cape Breton Area: (902) 563-8646 or toll-free: 1-877-567-0632

Guysborough, Antigonish and Strait Area: (902) 625-8819 or toll-free 1-888-291-3535 Medical Arts Building, Sydney, NS

Community Mental Health and Addiction Clinic Port Hawkesbury Port Hawkesbury, NS

Northern Zone (Colchester-East Hants, Cumberland and Pictou areas):

Cumberland Mental Health Services, Amherst, NS

Colchester East Hants Health Centre, Truro, NS

Pictou Community Mental Health and Addictions, New Glasgow, NS

Lloyd E. Matheson Centre, Elmsdale, NS

Western Zone (Annapolis Valley, South Shore and South West

Chipman Building, Kentville, NS

Dawson Centre, Bridgewater, NS

Yarmouth Regional Hospital Yarmouth, NS

Central Zone (Halifax area, Eastern Shore and West Hants)

Sessions are offered in various locations in Central Zone and virtually. To learn about the session nearest you, please call the intake team at 1-855-922-1122

Email: info@lungnspei.ca Phone: 1-888-566-5864

Website: <https://www.lungnspei.ca/smoking-cessation>

Follow us on social media at: https://www.instagram.com/nspei_lung/ or

<https://www.facebook.com/LungNSPEI>