



Clarington smokers have additional support in breaking the habit, thanks to a province wide program.

Smokers from across Ontario have the opportunity to enroll in the STOP (Smoking Treatment for Ontario Patients) program and to receive nicotine replacement therapy (NRT) free of charge to help quit smoking.

For many smokers, the cost of nicotine replacement products is a barrier to quitting. The STOP program provides five weeks of free nicotine replacement therapy, a practical support for to help ease nicotine withdrawal symptoms, which will help smokers in their quit attempts.

Durham Region residents interested in participating in the STOP program can attend a STOP workshop in Ajax on Nov. 7 from 12 noon to 3 p.m. To find out if you're eligible to participate and to register for the workshop, please call Durham Health Connection Line at 905-666-6241 or 1-800-841-2729.

The STOP program is presented by the Centre for Addiction and Mental Health (CAMH) and is funded by the Ontario Ministry of Health and Long-Term Care as part of the Ministry's

Smoke-Free Ontario Strategy.

In addition to providing NRT, the program will offer educational material to encourage participants to make broader changes that can help to further improve their health. Research shows that smoking often doesn't occur in isolation, but rather accompanies other risk factors for disease, such as poor nutrition and lack of physical activity.

CAMH is Canada's leading addiction and mental health teaching hospital. Integrating clinical care, scientific research, education, policy development and health promotion, CAMH transforms the lives of people impacted by mental health and addiction issues.

For more information about the STOP program contact Michael Torres, CAMH Media Relations at 416-595-6015 or call Durham Health Connection Line at 905-666-6241 or 1-800-841-2729. Information can also be found at durham.ca.

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