

Supports & Resources to Reduce or Quit Nicotine

Scan for access to free, confidential supports for your nicotine reduction, quit and wellness journey.

Talk • Text • Online Chat



QuitNow



Support to reduce or quit vaping & smoking/commercial tobacco use



Talk Tobacco



Support for First Nation, Inuit, Métis & urban Indigenous youth to reduce or quit vaping & smoking/commercial tobacco use



Foundry



Mental health & wellness services for youth



Kids Help Phone



Mental health & substance use resources & support 24/7

Free Nicotine Replacement Therapy



BC Smoking Cessation Program

- Helps BC residents of any age stop using commercial tobacco or vapour products
- Free nicotine gum, lozenges, patches, prescription medication



First Nations Health Benefits

- Additional coverage for nicotine replacement therapy products
- Free nicotine gum, lozenges, patches, and/or inhaler

Quit Smoking & Vaping Apps



Quash



Stop Vaping Challenge

