



First Nations Health Authority  
Health through wellness

# Tobacco and Cannabis Resource Request Sheet

Complete form and send to [respectingtobacco@fnha.ca](mailto:respectingtobacco@fnha.ca)

## Section 1: Mailing Address

Please ensure the mailing address is the address the resources will be shipped to – this cannot be a P.O. box. *If ordering for an event, order at least 15 business days (3 weeks) before to guarantee arrival by event date.*

Recipient Full Name:	
Organization Name:	
Street Address:	
Town:	
Postal Code:	
Recipient Phone Number:	
Event Date:	

## Section 2: Tobacco Resource Selection List

Select the number of requested resources using the drop down in the “Quantity Requested” section

Resource Name	Resource Description	Quantity Requested
<a href="#">Respecting Tobacco Poster</a>	One page poster with contact information for the Talk Tobacco Quit Coaching service, and to the First Nations Health Authority respecting tobacco webpage, where all Tobacco-related resources are available.	
<a href="#">Respecting Tobacco Brochure</a>	Two page brochure with general information about traditional tobacco use and commercial tobacco use. Includes information about the Talk Tobacco Quit Coaching service.	
<a href="#">E-Cigarettes: What you Need to Know to Stay Healthy</a>	Two page information sheet about e-cigarettes (vapes) and the risks associated with e-cigarette use.	
<a href="#">Are you Trying to Stop Smoking or Vaping? Quit Tips!</a>	Two page resource with tips and activities to support a person who is quitting or cutting back on commercial tobacco use.	
<a href="#">10 Myths About Smoking</a>	Two page resource debunking 10 common myths about smoking.	

For questions, contact: [respectingtobacco@fnha.ca](mailto:respectingtobacco@fnha.ca)

<a href="#">Talk Tobacco Poster</a>	A one page poster for the Talk Tobacco program, a free, culturally-appropriate tobacco reduction/cessation Quit Coach service, including contact and referral information.	
<a href="#">Talk Tobacco Brochure</a>	A two page brochure on the Talk Tobacco program, a free, culturally-appropriate tobacco reduction/cessation Quit Coach service, including contact and referral information.	
<a href="#">FAQ: Quitting Commercial Tobacco</a>	A two page information sheet providing information about Nicotine Replacement Therapy (NRT) medications, and frequently asked questions about accessing NRT products.	
<a href="#">Coverage for Products to Quit the Use of Commercial Tobacco</a>	A two page information sheet providing information about FNHA's health benefits coverage of Nicotine Replacement Therapy (NRT) products.	
<a href="#">Tobacco: The Sacred Medicine</a>	One Page Resource talking about Tobacco as a sacred medicine and showing various uses for sacred tobacco	
<a href="#">Talking with Youth About Smoking or Vaping</a>	A one page resource that gives tips on how to open a conversation with youth about smoking and/or vaping	
<a href="#">FNHA Tips to Support Youth to Quit or Reduce Vaping</a>	A five-page booklet with information about vaping, and the risks associated with vaping; and tips to reduce the harms associated with vaping or to quit vaping.	

### Section 3: Cannabis Resource Selection List

Resource Name	Resource Description	Quantity Requested
<a href="#">Introduction to Cannabis Guidebook</a>	37 page guidebook for health care providers to provide a foundation for supporting individuals who use cannabis. Information includes: <ul style="list-style-type: none"> <li>- An introduction to cannabis</li> <li>- A discussion of the origins and stigma of cannabis use</li> <li>- Cannabis science</li> <li>- Consumption methods</li> </ul>	

<a href="#"><u>Care Through Connection: Cannabis Use Across the Lifespan Guidebook</u></a>	33 page guidebook intended for health care providers who want to facilitate conversations with their clients about cannabis use. Information topics include: <ul style="list-style-type: none"> <li>- Approaches to Care</li> <li>- Screening for Cannabis Use</li> <li>- Potential Impacts of Cannabis Use</li> <li>- Cannabis use during Prenatal, perinatal and breastfeeding</li> <li>- Cannabis and Youth</li> <li>- Cannabis use in Older Adults (55+)</li> </ul>	
<a href="#"><u>Navigating Non-Medical Cannabis in BC: A First Nations Community Guidebook to Cannabis Legalization</u></a>	33 page guidebook resource providing information about the legalization of cannabis. Information and resources include: <ul style="list-style-type: none"> <li>- Role of Community Leadership</li> <li>- BC Regulatory Framework</li> <li>- Economic Development and Community Land Use Management</li> <li>- Private and Public Consumption</li> <li>- Cannabis in the Workplace</li> <li>- Enforcement</li> </ul>	
<a href="#"><u>Non-Medical Cannabis Legalization: Health Considerations for First Nations in BC</u></a>	One page overview of different considerations for First Nations communities relating to non-medical cannabis legalization	
<a href="#"><u>Harm Reduction &amp; Cannabis Fact Sheet</u></a>	One page fact sheet resource containing tips for making informed choices for safer cannabis use	
<a href="#"><u>No Smoking, No Vaping, No Cannabis Consumption Sign</u></a>	No Smoking, No Vaping, No Cannabis sign – note actual signs are weatherproof aluminum metal	
<a href="#"><u>Breastfeeding &amp; Cannabis Fact Sheet</u></a>	One page fact sheet resource containing information on the effects on infants of cannabis consumption while breastfeeding	
<a href="#"><u>Maternal Health &amp; Parenting Resource Sheet</u></a>	Two page fact sheet resource containing links and phone numbers for maternal and parenting support organizations and resources	

<a href="#"><u>Pregnancy &amp; Cannabis Fact Sheet</u></a>	One page fact sheet resource containing information about the effects and considerations of cannabis use during pregnancy	
<a href="#"><u>What You Need to Know about Cannabis Concentrates Fact Sheet</u></a>	A two-page resource with information about cannabis concentrate products like cannabis oils, waxes and others. Includes health information, risks and tips for reducing the harm of these products.	