



talk tobacco

Indigenous Quit Smoking and Vaping Support

Thinking of quitting smoking or vaping?

Talk Tobacco offers culturally appropriate support about quitting smoking, vaping and commercial tobacco use to First Nations communities.



PHONE SUPPORT

1-833-998-8255



TEXT SUPPORT

Text CHANGE to 123456



LIVE CHAT

on talktobacco.ca

“ Listen and accept the help and know you're not alone. ”
Mark, Talk Tobacco client



Mon & Tues: 5:00am – 9:00pm
Wed & Thurs: 5:00am - 6:00pm
Fri: 5:00am – 3:00pm
Sat & Sun: 6:00am – 2:00pm
Statutory Holidays: Closed

1-833-998-8255
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talktobacco@cancer.ca

FREE AND CONFIDENTIAL



1-833-998-8255
talktobacco.ca