



talk tobacco

Indigenous Quit Smoking and Vaping Support

Thinking of reducing or quitting smoking/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



Why contact Talk Tobacco?



Learn to cope
with cravings and withdrawal
symptoms



**Culturally inclusive
and aware**
Serving First Nations communities



**Available in
16 Indigenous languages**



Speak with a Quit Coach
at a time that works for you



Get support
to develop a personalized quit plan



Get practical tips
for dealing with slips and relapses



Learn about resources
in your community



**Free and confidential
service**



Canadian
Cancer
Society



First Nations Health Authority
Health through wellness

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