

# Smoking Cessation Services

## Become Smoke-Free

*Tired of coughing and feeling fatigued?*

*Looking for a lifestyle change?*

*Concerned about your long-term health?*

Your Employee Assistance Program (EAP) can help you solve all kinds of challenges, including the most difficult ones.

If you've tried to quit smoking, you know how hard it can be. It may take you several tries to stop smoking, but each time you try, you get closer to stopping for good.

### **Connect to the support you need with two options in Smoking Cessation:**

#### **The Shepell•fgi Smoking Cessation Program**

With this telephone-based counselling program, a certified smoking cessation counsellor is with you every step of the way to problem-solve difficult situations and offer support. The program includes an initial assessment, four counselling sessions, one booster session and two aftercare sessions. You will also receive a participant handbook with exercises to refine your new skills and incorporate them into your daily routines.

#### **The Shepell•fgi Stop Smoking Centre**

This interactive and personalized online program is designed to put you, the user, in control—allowing you to quit on your own terms and schedule. You can complete customized exercises that bring you closer to your goal, take the Nicotine Dependency Test and/or earn rewards as you reach your milestones. You can also access an online support group of health care professionals and peers 24/7/365, to receive tips, tools and strategies for remaining smoke-free.

### **How can the Smoking Cessation Services help?**

Each program's step-by-step process will help you:

- Understand why and when you smoke



- Intercept your smoking triggers
- Change how you think and behave
- Prevent relapse
- Build social support networks
- Deal with stress and other obstacles that may affect your progress

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**Take the first step toward a smoke-free lifestyle. It's one of the most liberating and healthy lifestyle changes you'll ever make.**

**Contact your Employee Assistance Program (EAP) for immediate confidential help 24/7/365.**

**1 800 268-5211** TTY: 1 800 363-3872

**[workhealthlife.com](http://workhealthlife.com)**

*Confidential Smoking Cessation Services are available to you and your family members as part of your EAP. There is no cost to use the service.*