



Quitting smoking is hard and you might need to try a number of times. Support, education and quitting/cessation products that are “just for you” will help you succeed.

Instructions: Click the blue text below to see the resources.

First Nations Health Authority (FNHA)

- [Respect Tobacco*](#)
- [Talk Tobacco](#)
- [Are you trying to stop smoking or vaping?](#)
- [10 Myths about Smoking](#)

QuitNowBC.ca

- [Methods to quit](#)
- [Tips to quit vaping](#)

HealthLinkBC – 24/7 Health Advice You Can Trust

- [Quitting Smoking](#)

BC Ministry of Health

- [Want to stop smoking or using other types of tobacco?](#)

Youth Resources:

Foundry– Vaping & Tobacco

- [Myths and Facts on Vaping and Tobacco](#)

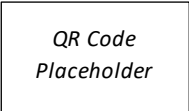
Health Canada

- [Talking with your teen about vaping](#)

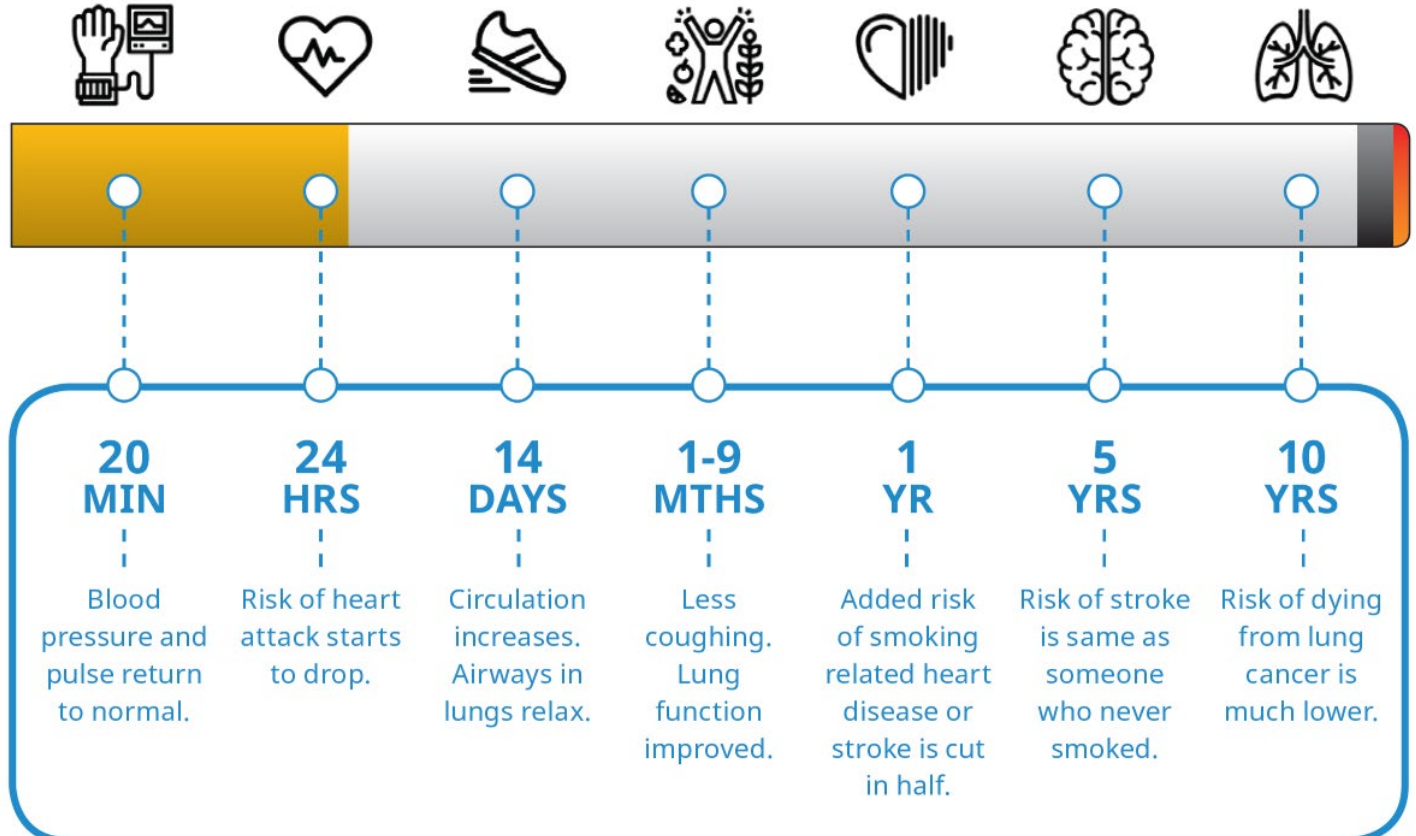
McCreary Centre Society

- [Smoking, Vaping and Exercise](#)
- [What Parents Need to Know About Vaping: Parent Infographic](#)

To access these resources, point your smartphone camera at the QR code and click on the yellow website address.



Benefits of Stopping Smoking



*For thousands of years, natural tobacco has been an integral part of Indigenous culture in many parts of BC and Canada. Used in ritual, ceremony and prayer, tobacco was considered a sacred plant with immense healing and spiritual benefits. For these reasons, the tobacco plant should be treated with great respect.