

SMOKING CESSATION CENTERS

CIUSSS DE L'ESTRIE – CHUS | DIRECTION DE SANTÉ PUBLIQUE

Would you like to do something about your smoking or vaping habit?

Contact your local Smoking Cessation Center (SCC)

WHAT ARE SMOKING CESSATION CENTERS (SCCs)?

- SCC's offer free support and guidance for people who want to stop smoking or vaping.
- You will meet with a clinical nurse specialist in smoking cessation, who will offer you help tailored to your needs and concerns.
- SCCs can help you think about quitting smoking or vaping, support you in your efforts to change or quit smoking or vaping, or help you prevent relapsing.
- Support can be offered individually or as a couple, in person, on the telephone or via teleconsultation.
- Group meetings are also available, as well as in the workplace, community, and other settings.

RECEIVE SCC SUPPORT FOR:

- Choose your objective (quit, gradually reduce or modify your use to reduce risks).
- Prepare your change plan.
- Get the confidence and skills to achieve your goals.
- Receive information on medications and nicotine replacement therapies (NRTs), and get a prescription of NRT, if needed.
- Better understand your nicotine addiction.
- Promote the implementation of a lifestyle.



MAKE AN APPOINTMENT NOW!

Phone: 819 780-2220 ext. 48236

E-mail: infdspushv.ciusse-chus@ssss.gouv.qc.ca

Revision and Layout

Service des communications et des relations médias. Présidence-direction générale
© Centre intégré universitaire de santé et de services sociaux de l'Estrie – Centre hospitalier universitaire de Sherbrooke, 2024

santeestrie.qc.ca | May 2024

Centre intégré
universitaire de santé
et de services sociaux
de l'Estrie – Centre
hospitalier universitaire
de Sherbrooke

Québec 