

How do I access the services at the Hanover Family Health Team?

Educational group programs or seminars offered by the HFHT are open to all members of the public.

Please call in advance to register.

To utilize an individual service you must have a family physician in Hanover. You can request through your physician to see one of our health care professionals or you can simply self-refer by personally calling to schedule an appointment.

All HFHT programs and services are free.

Follow us on Facebook

www.facebook.com/hanoverfht

Visit Our Website

www.hanoverfht.ca



Hanover

Family Health Team

Smoking Cessation



90 7th Avenue
Hanover and District Hospital
2nd Floor
Hanover, ON N4N 1N1
Tel: 519-506-HFHT (4348)
Toll Free Tel: 1-855-677-4348
Fax: 519-506-4351

**Monday to Friday
8:30 a.m. – 4:30 p.m.**

To find out more about our Smoking Cessation Support program, please contact the Hanover Family Health Team at 519-506-4348.

camh
Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

**TOBACCO CESSATION
TEACH**
Training Enhancement in Applied
Cessation Counselling and Health
ARRÊT DU TABAGISME



Smoking is a powerful addiction.

Research indicates most smokers will try multiple times before they are successful at quitting.

We believe that each attempt to quit is a positive learning experience, bringing you closer to your final quit.

Every quit attempt has positive effects on your health.

Never quit quitting!

Whether you want to quit, reduce or prevent relapse, our TEACH-certified staff provide personal one-to-one coaching and support, as well as group workshops.

Smoking Cessation Treatments

There are many smoking cessation aids available. We can help you decide which treatment is best for you.



The HFHT is a host site to the **STOP Study** (Smoking Treatment for Ontario Patients) providing up to 26 weeks of **FREE** Nicotine Replacement Therapy (NRT) for eligible patients.

