



The majority of people who use tobacco want to quit.

You can help your client make it happen.

In less than 3 minutes, you can make a difference in your client's health.

Follow the 5As:

Ask your client if he/she uses tobacco.

Advise your client to quit.

Assess your client's readiness to quit.

Assist your client to quit.

Arrange a follow-up with smokers' helpline.

For free materials and training on the 5As visit YouCanMakeItHappen.ca

smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

Contact Your
Local Public
Health Unit for
materials and
support

Join Your
Local Cessation
Community
of Practice
to network
with others

