

# Smokers' Quit Lines/Online Support

Quit Lines are available in every province and provide support over the telephone or online.

## ALBERTA

Smokers' Helpline  
1-866-332-2322 (English)  
8:00 am – 8:00 pm  
7 days a week  
24/7 voicemail  
[www.smokershelpline.ca](http://www.smokershelpline.ca)  
1-866-710-7848  
[www.albertaquits.ca](http://www.albertaquits.ca)

## BRITISH COLUMBIA

Quit Now  
1-877-455-2233  
(English, French, 121  
languages)  
24/7 incoming calls  
[www.quitnow.ca](http://www.quitnow.ca)

## MANITOBA

Smokers' Helpline  
1-877-513-5333  
(English and French)  
Monday to Thursday:  
7:00 am – 8:00 pm,  
Friday: 7:00 am – 5:00 pm,  
Saturday and Sunday:  
8:00 am – 4:00 pm  
24/7 voicemail  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

## NEW BRUNSWICK

Smokers' Helpline  
1-877-513-5333  
(English and French)  
Monday to Thursday: 9:00  
am – 10:00 pm, Friday: 9:00  
am – 7:00 pm, Saturday and  
Sunday: 10:00 am – 6:00 pm  
24/7 voicemail  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

## NEWFOUNDLAND AND LABRADOR

Smokers' Helpline  
1-800-363-5864 (English)  
Monday to Thursday:  
9:00 am – 9:00 pm,  
Friday: 9:00 am – 5:00 pm  
24/7 voicemail  
[www.smokershelp.net](http://www.smokershelp.net)

## NORTHWEST TERRITORIES

NWT Quit Line  
1-866-286-5099  
[www.nwtquitline.ca](http://www.nwtquitline.ca)

## NOVA SCOTIA

Smokers' Helpline  
1-877-513-5333  
(English & French)  
Monday to Thursday: 9:00  
am – 10:00 pm, Friday: 9:00  
am – 7:00 pm, Saturday and  
Sunday: 10:00 am – 6:00 pm  
24/7 voicemail  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

## NUNAVUT

Quit Now by Phone  
1-866-368-7848

## ONTARIO

Smokers' Helpline  
1-877-513-5333  
(English & French)  
Monday to Thursday:  
8:00 am – 9:00 pm,  
Friday: 8:00 am – 6:00 pm,  
Saturday and Sunday:  
9:00 am – 5:00 pm  
24/7 voicemail  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

## PRINCE EDWARD ISLAND

Smokers' Helpline  
1-877-513-5333  
(English & French)  
Monday to Thursday: 9:00  
am – 10:00 pm, Friday: 9:00  
am – 7:00 pm, Saturday and  
Sunday: 10:00 am – 6:00 pm  
24/7 voicemail  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

## QUÉBEC

Ligne j'Arrête! / iQuitNow!  
1-866-527-7383  
(English & French)  
Monday to Thursday:  
8:00 am to 9:00 pm, Friday:  
8:00 am to 8:00 pm  
24/7 voicemail  
[www.jarrete.qc.ca/fr/](http://www.jarrete.qc.ca/fr/)  
[www.jarrete.qc.ca/en/](http://www.jarrete.qc.ca/en/)

## SASKATCHEWAN

Smokers' Helpline  
1-877-513-5333  
(English and French)  
Monday to Thursday:  
7:00 am to 8:00 pm, Friday:  
7:00 am to 5:00 pm  
Saturday and Sunday:  
8:00 am – 4:00 pm  
24/7 voicemail  
[www.smokershelpline.ca](http://www.smokershelpline.ca)

## YUKON

Smokers' Helpline  
1-877-513-3333  
(English and French)  
Monday to Thursday:  
5:00 am - 6:00 pm,  
Friday: 5:00 am - 3:00 pm  
Saturday and Sunday:  
6:00 am - 2:00 pm  
[www.smokershelpline.ca](http://www.smokershelpline.ca)