

Tobacco Reduction Resources in Nunavut



Visit the **health centre** to talk to a nurse or doctor.



Call **1-866-368-7848** to talk to a counsellor.



Find us on **Facebook.com/ TobaccoHasNoPlaceHere** for support and to connect with others.



Visit **www.nuquits.ca** for information.



Email **quithelp@gov.nu.ca** to talk to a counsellor.



Visit your health centre or local pharmacy to get nicotine

patches, gum, lozenges, mouth spray or inhalers at no cost.



Tobacco
Has No Place Here
NUQUITS.CA | 1.866.368.7848