

# Tobacco Reduction Resources in Nunavut



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



Visit **nuquits.ca** for information.



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



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



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



Visit your health centre or local pharmacy to get nicotine patches, gum, lozenges, mouth spray, or inhalers at no cost.



**Nunavut  
Quits**

NUQUITS.CA 1-866-368-7848

