



NATIONAL NON-SMOKING WEEK  
SEMAINE NATIONALE SANS FUMÉE

nnsw.ca

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Brought to you by the Canadian Council for Tobacco Control  
Présenté par le Conseil canadien pour le contrôle du tabac

## Social Media Support for Smoking Cessation

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December 2011

Social media, like Facebook and Twitter, connects people who want to quit smoking and provides a popular platform for sharing information, videos, and personal stories with others. Social media also offers tobacco cessation and relapse prevention support to encourage and motivate you to stay the course and QUIT. Here are some Canadian and international Twitter accounts and Facebook pages to help you on your journey to a smoke-free life.

### Twitter:

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#### Smokers' Helpline

<http://twitter.com/#!/SmokersHelpline>

@SmokersHelpline Ontario

We have proven tips & tools to help u quit successfully. Connect for free, personalized & non-judgmental support/advice/info.

#### FACET

<http://twitter.com/#!/FACETobacco>

@FACETobacco

A program of research committed to finding original ways to support young families in their efforts to become smoke free.

#### QuitNow

<http://twitter.com/#!/quitnowbc>

@quitnowbc British Columbia

QuitNow is here to help you quit smoking. Join us in supporting a healthier British Columbia

#### The EX Team

<http://twitter.com/#!/TheEXTeam>

@TheEXTeam

A free quit smoking plan that can help you relearn life w/o cigarettes. Based on research from experts @ Mayo Clinic & practical experience from EX smokers.

#### SmokefreeWomen @NCI

<http://twitter.com/#!/SmokefreeWomen>

@SmokefreeWomen Everywhere

SFW is your ultimate guide to staying clear of tobacco & boosting YOUR quit attempt! Brought TO real women BY real women.



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### **Quit For Life**

[http://twitter.com/#!/Quit\\_For\\_Life](http://twitter.com/#!/Quit_For_Life)

@Quit\_For\_Life

Quitting tobacco? Already quit? Get helpful quit tips, preparation advice, and meet others like you.

### **Stop Tabac**

<http://twitter.com/#!/stoptabac>

@stoptabac Genève, Suisse

Stop-tabac.ch offre une aide sur mesure et gratuite à ceux qui veulent en finir avec le tabac. Le partage et le dialogue avec d'autres fumeurs sont encouragés.

## **Facebook:**

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### **Smokers' Helpline**

<http://www.facebook.com/smokershelpline>

Canadian Cancer Society Smokers' Helpline is a free, confidential service. We offer free and personalized support, advice and information about quitting smoking and tobacco use.

### **Smokefree Women**

<http://www.facebook.com/smokefree.women>

Join our support community to become & stay smokefree. Women can share stories, offer/receive tips & encouragement & get the latest news on the benefits of living a tobacco-free life!

### **www.stop-tabac.ch**

<http://fr-fr.facebook.com/pages/wwwstop-tabacch/23067690582>

Venez visiter le site <http://www.stop-tabac.ch>. Aides, information, soutien