

# Are You Thinking of Quitting Smoking?

## The STOP on the Net Program Can Help!

The STOP on the Net Program is an online research program from the Centre for Addiction and Mental Health (CAMH) designed to help adults attempt to quit smoking.

**This program provides 4 weeks of free nicotine patches and gum/lozenges to help participants attempt to quit smoking**

**You may be eligible to participate if you:**

- o Live in Ontario
- o Are 18 years of age or older
- o Meet other specific eligibility criteria

This program is supported by the CAMH Smoking Treatment for Ontario Patients (STOP) Program.

For more information about programs and services at CAMH, please visit [www.camh.ca](http://www.camh.ca) or call 416-535-8501 (or 1-800-463-6273)



**To learn more about the program and to enroll, please visit:**

**[www.stopstudy.ca](http://www.stopstudy.ca)**