

Want to quit smoking?

Give 811 a call!



We are here to help.

Call our registered nurses at 811. They are available right now to help you or someone you care about kick their nicotine habit forever.

 **811**

The NWT is open
24 hours a day, 7 days a week.
All calls are private and confidential.

Our registered nurses are:



friendly, experienced health care professionals trained to help people overcome addictions



able to suggest Nicotine Replacement Therapy options or prescription drugs to deal with nicotine withdrawal symptoms



able to answer all of your questions about tobacco



waiting to help you put together a plan to quit smoking



able to call you back with support when you think you might need it most

Government of
Northwest Territories



Call anytime
in any
language

811 is open 24/7 with registered nurses waiting to help you.

811 Helpline responders can speak with you in English or French. You can also call to request translating services in all of the NWT's official languages.