

Want to quit smoking?

Looking to talk to someone about a friend's tobacco use?

Give 811 a call!



Registered nurses are available right now to help you or someone you care about quit smoking!

 811

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

811 Helpline responders are:



Friendly, registered nurses trained to help people overcome addictions.



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** whenever you think you'll need it.

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.