PACT
PARTNERSHIP TO ASSIST WITH CESSATION OF TOBACCO

PHARMACY ASSOCIATION OF SASKATCHEWAN

You Can Label Me

Going tobacco free can be tough! Even though it might be difficult at times, it's important to stay positive. Check out the patient resources section on www.skpharmacists.ca/quitsmoking to highlight the positive points about yourself. Start enjoying the new tobacco-free you!

On-Line Resources:

Resource	Description
Break it Off: www.breakitoff.ca	Focuses on older youth trying to quit smoking. Different approach as they look at quitting smoking as breaking off a relationship.
Know Tobacco: Think, Learn, Live www.gotlungs.ca The Lung Association of Saskatchewan	Lung Association of Saskatchewan resources which were developed to coincide with Saskatchewan's Health Education Curricula.
PACT: www.skpharmacists.ca/PACT	Saskatchewan based resources for individuals wanting to quit tobacco, and health care providers wanting to assist their patients to quit, and TAR resources for Aboriginal patients wanting to quit. Visit resources to on the website to find more information.
Quit 4 Life: www.quit4life.com	Health Canada resources which contains interactive tools (such as a cost calculator) and resources.

Quit Now: www.quitnow.ca	An on-line support community where tobacco users can access tools, speak with a Care Coach, or receive motivational text messages to assist with quitting tobacco.
Smoke Stream: www.smokestream.ca	Saskatchewan based resource that provides youth the opportunity to express their opinion about tobacco.
Above the Influence: www.abovetheinfluence.com	Focuses on educating youth about drug use such as marijuana (tobacco is not included on this website).