



Join **STOP on the Net** & receive
FREE NRT mailed to your door!

camh
mental health is health

STOP on the Net is an initiative of the Smoking Treatment for Ontario Patients (STOP) Program and is funded by the Ontario Ministry of Health.

Stoponthenet.ca

**Fresh Start.
Delivered to you.**

Is quitting smoking on your mind?

STOP on the Net Can Help!

STOP on the Net is a free online program from the Centre for Addiction and Mental Health (CAMH) designed to help adults quit smoking.

Eligible participants can receive a free kit of nicotine replacement therapy (like patches, gum, or lozenges) mailed right to you!

Visit stoponthenet.ca for more information and to learn if you are eligible.
