

# Tobacco Reduction Resources in Nunavut

## ᑕᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ ᑕᐱᑕᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ



Visit the **health centre** to talk to a nurse or doctor.

ᐱᑕᑕᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ.



Call **1-866-368-7848** to talk to a counsellor.

ᐱᑕᑕᑦᑲᑦᑲᑦ **1-866-368-7848** ᐱᑕᑕᑦᑲᑦᑲᑦᑲᑦᑲᑦ.



Find us on **Facebook.com/TobaccoHasNoPlaceHere** for support and to connect with others.

ᐱᑕᑕᑦᑲᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ **Facebook.com/TobaccoHasNoPlaceHere** ᐱᑕᑕᑦᑲᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦᑲᑦ.



Visit **www.nuquits.ca** for information.

ᐱᑕᑕᑦᑲᑦᑲᑦᑲᑦ **www.nuquits.gov.nu.ca/iu** ᐱᑕᑕᑦᑲᑦᑲᑦᑲᑦᑲᑦ.



Email **quithelp@gov.nu.ca** to talk to a counsellor.

ᐱᑕᑕᑦᑲᑦᑲᑦᑲᑦ ᐱᑕᑕᑦᑲᑦᑲᑦ  
**quithelp@gov.nu.ca**  
ᐱᑕᑕᑦᑲᑦᑲᑦᑲᑦᑲᑦ.



Visit your health centre or local pharmacy to get nicotine patches, gum, lozenges or inhalers at no cost.

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