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**St. Thomas Site** Administrative Office
1230 Talbot Street
St. Thomas, ON N5P 1G9

**Woodstock Site** 410 Buller Street Woodstock, ON N4S 4N2

Dear Health Care Provider,

As a health care professional, we understand the importance placed on assisting patients in making quit attempts. You play an important role in helping your patients quit smoking. Unassisted quit attempts are successful 2-5% of the time, compared with a 20% success rate for those receiving cessation counselling and medications.

To increase access to smoking cessation supports, Southwestern Public Health (SWPH) is establishing a referral process for health care professionals. Included with this letter is a copy of a referral form to refer patients to SWPH for cessation services. The referral form can also be found under the ‘for professionals’ section of our website <https://www.swpublichealth.ca/professionals/health-care-providers/tobaccosmoking>.

If you have a patient interested in quitting smoking, you can **fax the attached referral form to SWPH at 519-633-0468.** Or you can use EMR referral forms from the South West Primary Care Alliance website. See <http://www.swpca.ca/EMRResource/>.

Once we receive a referral, a staff member will follow-up with the patient to register them for the workshop. SWPH will also provide you with a follow-up letter if your patient attends the workshop.

**Southwestern Public Health Smoking Cessation Services**

SWPH will be holding stop smoking workshops to support residents in their efforts to quit smoking. During the workshop, eligible patients receive a 45-minute psychoeducational presentation, a brief one-on-one session from trained SWPH staff and five weeks of **free** nicotine replacement therapy (NRT) products (i.e., patches, gum, lozenges, inhaler, spray), along with other smoking cessation resources.

In addition, SWPH has partnership agreements with various pharmacies across our region. These pharmacies offer both one-on-one smoking cessation counselling, as well as free NRT to those individuals who receive assistance from Ontario Works (OW) and Ontario Disability Support Program (ODSP). Should your patients quality, please refer them to the list of pharmacies on our website <https://www.swpublichealth.ca/your-health/smokingvaping/quitting-smoking>.

Please post this letter for your staff. If you have further questions, please contact Southwestern Public Health at 1-800-922-0096 or smokefreeontario@swpublichealth.ca.