

ARE YOU THINKING ABOUT QUITTING SMOKING?

**JOIN A CANADA WIDE STUDY AND
GET MONTHLY SUPPORT BY EMAIL!**

We're inviting adults across Canada to take part in a research study testing an **email-based** program that helps people quit smoking. You'll receive monthly newsletters filled with:

- ✓ **Motivation & encouragement**
- ✂ **Practical quit tips and tools**

Who Can Join?

- 18 years and older
- Have smoked cigarettes in the last 6 months
- Live in Canada
- Fluent in English or French
- Access to internet and email

What's Involved?

- Fill out a 10–15 min survey to join
- Get 1 newsletter each month
- Complete a short survey every 6 months

To show you that we appreciate your time and input, you will receive an **e-gift card** for each survey you complete.

READY TO JOIN?

Scan the QR code, click the link, or reach out to us at

smokefreeconnect@camh.ca



<https://redcap.link/h2h5h56v>

This study is titled "**SmokeFreeConnect: A Virtual and Community Hub for Quitting Together for people living in Rural and Remote Communities**". The Principal Investigator on this study is Dr. Michael Chaiton, michael.chaiton@camh.ca.

**Note: The security of information sent by e-mail cannot be guaranteed. Please do not communicate personal sensitive information by e-mail. For more information about other programs and services at CAMH, please visit www.camh.ca or call 416-535-8501 (or 1-800-463-6273).*

**Smoke
Free
Connect**