

# Tobacco Cessation

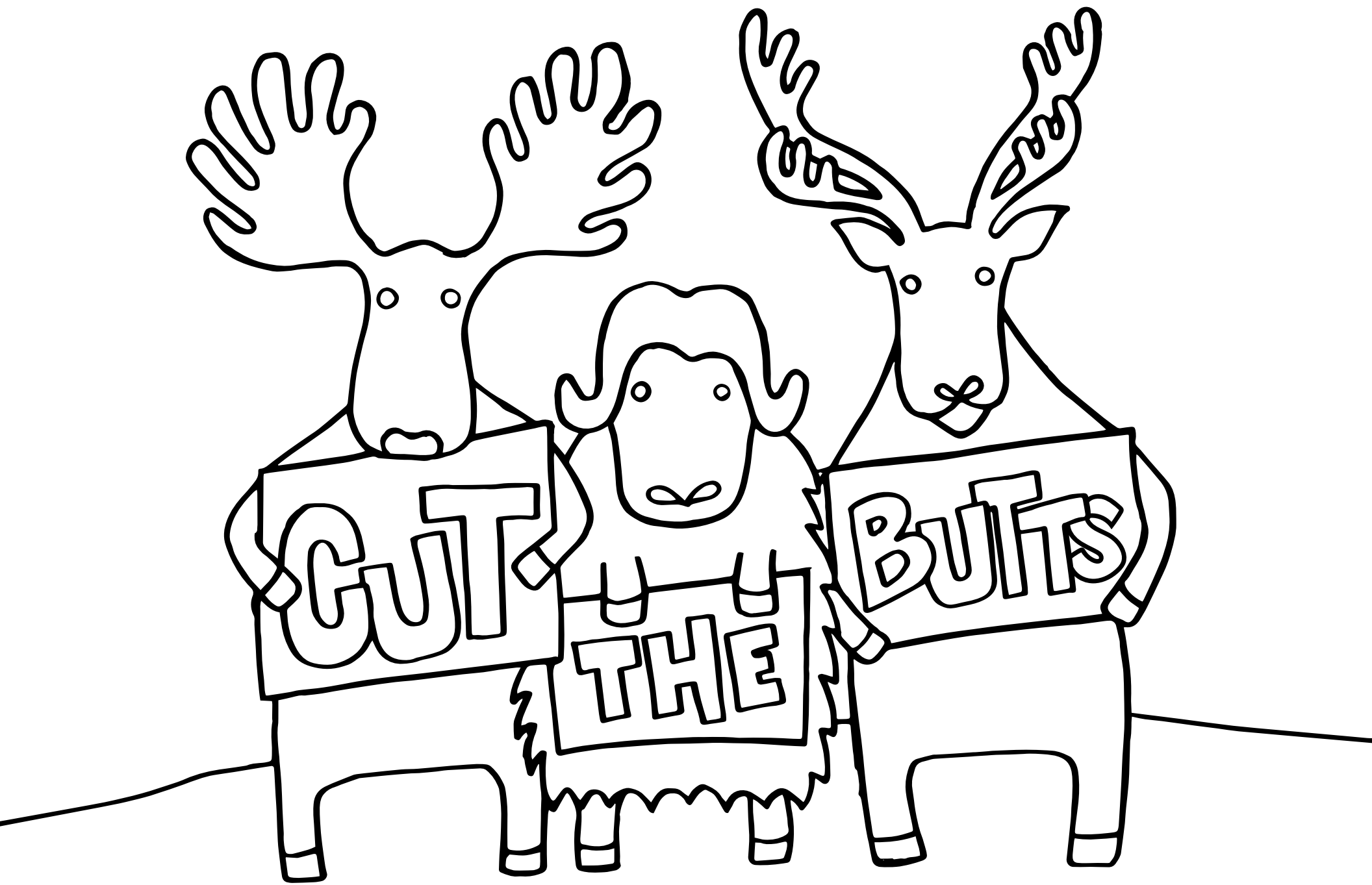
Tobacco Cessation is the process of discontinuing tobacco smoking. Tobacco contains nicotine, which is addictive. Nicotine makes the process of quitting often very prolonged and difficult.

Smoking is the leading preventable cause of death worldwide, and quitting smoking significantly reduces the risk of dying from tobacco-related diseases such as heart disease and lung cancer.

## NWT Healthy Communities Toolkit: Best Management Practices & Policies

- Cut The Butts – NWT Quitline
- Would you Really?
- Don't Get Hooked
- Dentilium Elder





NWT QUITLINE 1-866-286-5099

A black and white line drawing of a cartoon scene. On the left, a large, fluffy dog sits on a path, looking towards the right. On the right, a young girl with pigtails is tripping over the dog's hind legs. She is wearing a t-shirt and pants, and her arms are outstretched. The background features stylized bushes and trees. Large, bold text is overlaid on the image.

SMOKING  
IT'S KIND OF  
LIKE....

WOULD YOU?

REALLY?

