

# Thinking of quitting smoking or vaping?

Talk Tobacco offers culturally appropriate support about quitting smoking, vaping and commercial tobacco use to First Nations communities.



**Phone Support**  
1-833-998-8255



**Text Support**  
Text CHANGE to 123456



**Live Chat**  
on [talktobacco.ca](http://talktobacco.ca)

Monday and Tuesday: 5:00 a.m. – 9:00 p.m.  
Wednesday and Thursday: 5:00 a.m. - 6:00 p.m.  
Friday: 5:00 a.m. – 3:00 p.m.  
Saturday and Sunday: 6:00 a.m. – 2:00 p.m.  
Statutory Holidays: Closed.

*This service is free and confidential.*



There are also many tools to support your quitting journey including nicotine replacement therapies and other prescription medications that are covered under the [First Nations Health Benefits](#) (see [Quitting Commercial Tobacco FAQ](#)).

## Contact Us

### Web

Information & Resources  
[www.fnha.ca/respectingtobacco](http://www.fnha.ca/respectingtobacco)

### Email

Contact regional program leads  
[respectingtobacco@fnha.ca](mailto:respectingtobacco@fnha.ca)

### Links to our



### For further support and resources:

QuitNow Support Services  
[www.quitnow.ca](http://www.quitnow.ca) | +1 877-455-2233



First Nations Health Authority  
Health through wellness



First Nations Health Authority  
Health through wellness

# Respecting Tobacco



Since time immemorial, natural tobacco has been an important part of many Indigenous cultures in Canada. It is a sacred plant that should be treated with great respect. Our goal is to keep tobacco sacred and reduce commercial tobacco use in all Indigenous communities in BC.

# Keep Tobacco Sacred

The tobacco plant is a sacred medicine and should be treated with great respect. Non-traditional or commercial tobacco, such as cigarettes and chew/snuff, has many harmful chemicals added to it to make it more addictive and it causes lung diseases, lung cancer, heart disease, cancers of the upper respiratory tract, and pregnancy risks.



Vaping



Smoking cigarettes

Smoking commercial tobacco is the leading cause of **preventable death** in Canada. Traditional tobacco and its sacred use is **different than commercial tobacco** and the dependence challenges we see today.

## Tobacco Rituals

### SMOKE:

The most common way tobacco is used is to burn it for a ceremony.

The tobacco is either smoked in a pipe, burned on a fire or in coals to connect with the Creator.

The pipe ceremony is used for sharing and gathering and negotiations, while the smudge ceremony is used for purifying and cleansing.



### WITHOUT SMOKE:

Some First Nations use tobacco without burning it. The dried leaves may be placed on the ground, in the water or near sacred places as a way to offer respect and gratitude.

Tobacco has been a traditional gift for Elders and Knowledge Keepers, in return for guidance, healing or for leading a ceremony.

Dried tobacco leaves may also be worn or hung in the home for protection.

