We have compiled online resource lists for patients who speak languages other than English. This topic includes the following languages:

- Arabic
- Inuktitut
- Tagalog

To see other available resource lists, or to request other topics or languages, please contact us: https://libguides.lib.umanitoba.ca/wrha

Available in alternate format on request
These sites give information in Arabic on topics related to Smoking Cessation.

- Avoiding weight gain while quitting: [http://bit.ly/2gVOtyr](http://bit.ly/2gVOtyr)
- How and why to quit smoking: [http://bit.ly/2gVQs5X](http://bit.ly/2gVQs5X)
These sites give information in Inuktitut on topics related to Smoking Cessation.

- Things to do when you quit smoking: [https://bit.ly/2XIrL3m](https://bit.ly/2XIrL3m)
Multilingual Resource Guide...

Smoking Cessation: Tagalog

These sites give information in Tagalog on topics related to Smoking Cessation.