

Campus Cessation Resources

Here's where to go for more help becoming or staying smoke, tobacco or vape-free.
For more information and direct links visit our [tobacco-free toolkit](#):

Employees and Students

- [Freedom From Smoking](#): An eight-week group cessation program offered by Campus Wellbeing Services. Sessions provide behavior skills training and social support.
- [Illinois Tobacco Quit Line](#): Free telephonic coaching with qualified counselors. Nicotine Replacement Therapy provided for those who qualify. Translation service for 200 languages.
- [SmokefreeTXT](#): Service that sends encouraging messages, advice, and tips through text messages.
- **Nicotine Replacement Therapy Sales (NRT)**: Buy Nicotine Replacement products to overcome nicotine cravings at the Illini Union and the Activities and Recreation Center.

Employees

- **Walk-in consults**: Meet with a trained cessation expert. Ask questions, learn about cessation resources, and make an action plan. Free for all employees.
- **Quit Kits**: Contact [Campus Wellbeing Services](#) for a free quit kit
- [Faculty/Staff Assistance Services](#): One-on-one counseling for employees to help cope with stress and anxiety from cessation.
- **Insurance Provider Programs**: Insurance providers offer options including coaching and prescription for NRT therapy or cessation medication.
- [State Employees Smoking Cessation Program](#): Illinois employees can receive up to a \$200 rebate towards cessation program costs.

Students

- [McKinley Health Center](#): Clinical and behavioral cessation services for students. Downloadable cessation information is also available from their website. These include self-directed cessation guides and information on pharmaceuticals.
- [Counseling Center](#): Individual sessions for students to help cope with the stress and anxiety of cessation.