

Campus Smoking Cessation Resources

Here's where to go for more help becoming or staying smoke-free. For more information on these resources go to the tobacco-free toolkit at go.illinois.edu/smokefree:

Employees

- **Walk-in consults:** Campus employees can meet with a trained cessation expert. Ask questions, learn about cessation resources, and make an action plan.
- **Quit Kits:** Contact the UI Wellness Center for a free quit kit
- **Freedom From Smoking:** An 8-week group cessation program offered by the UI Wellness Center. Sessions provide behavior skill training and social support.
- **Faculty/Staff Assistance Program:** One-on-one counseling for employees to help cope with stress and anxiety from smoking cessation. <http://fsap.illinois.edu/>
- **Insurance Provider Programs:** Insurance providers offer options that include a combination of coaching and prescription or NRT therapy.
- **State Benefits:** Illinois employees can receive up to a \$200 rebate towards cessation program costs. <https://www2.illinois.gov/cms/Employees/benefits/StateEmployee/Pages/SmokingCessation.aspx>

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. http://www.mckinley.illinois.edu/general/tobacco_info.htm
- **Counseling Center:** Individual sessions for students to help cope with the stress and anxiety of smoking cessation. www.counselingcenter.illinois.edu/

Employees and Students

- **Illinois Tobacco Quit Line:** Free telephonic coaching with qualified counselors. Nicotine Replacement Therapy provided for those who qualify. Translation service for 200 languages. Sign up through the Smoke-Free Campus website. go.illinois.edu/smokefree
- **SmokefreeTXT:** Service that sends encouraging messages, advice, and tips through text messages. Sign up at <http://smokefree.gov/smokefreetxt>
- **Nicotine Replacement Therapy Sales (NRT):** Buy NRT at the Illini Union, ARC, CRCE, Ice Arena, State Farm Center, and some Housing facilities to help with cravings.