



Resources for Smoking Cessation

Get Started: 936-QUIT to reach the Faculty and Staff Health and Wellness 24/7 quit line or visit the website at www.healthandwellness.vanderbilt.edu to find the option that is right for you.

Self-help resources

- **Read the book:** *The No Nag, No Guilt, Do it Your Own Way, Guide to Quitting Smoking*. Call Health Plus at 343-8943 or email health.plus@vanderbilt.edu to receive a copy.
- **Online support** is available at www.trytostop.org where you can use the free online Quit Wizard to track your progress and get helpful tips along the way.
- **Get your free tool-kit.** A variety of useful items are included in this useful kit, including a book, mints, quick tips and more. Stop by Health Plus, the Occupational Health Clinic, Work/Life Connections-EAP or any of the Child and Family Centers to get one.

Medical resources

- **See your Primary Care Provider (PCP) for help.** Your PCP can provide counseling, advice on nicotine replacement and may prescribe medicine to help you quit. You may use the Occupational Health's Quit Rx for up to 2 month's prescription or over the counter stop smoking medicines. Find a provider by calling 936-MYMD (6963).
- **The Occupational Health Clinic (OHC) Smoking Cessation program:**
 - Individualized program with the *Quit Rx* option available.
 - *Quit Rx* is covered as a benefit. Whether you see OHC or your PCP, you can obtain up to 2 months of specified medications. The program covers Chantix, nicotine patches and Zyban.
 - Call 936-0955 to schedule an appointment or for more information.
- **The Kim Dayani Center Smoking Cessation Program:** an 8 week program including counseling and medication that is covered by benefits. This program is offered on-site or in your department (with four or more individuals). To register call Barbara Forbes, M.S., A.P.N., G.N.P. at 322-4751 or email barbara.forbes@vanderbilt.edu

Support resources

- **Nicotine Anonymous support group:** On campus support group that meets weekly. Call Work/Life Connections-EAP at 936-1327 for more information.
- **One-on-One Coaching:** Individualized support and encouragement, by phone or in person, to help you meet your wellness goal. Make an appointment with a Health Plus Wellness Coach by calling 343-8943.
- **Stress and Coping Skills Counseling:** learn relaxation techniques and stress resilience from a licensed counselor at Work/Life Connections-EAP. Make an appointment by calling 936-1327.

Resources for managers:

- **Manager tool-kit:** Work/Life Connections–EAP provides tool-kits designed to help managers give support to staff and colleagues making the transition to a smoke-free life. Includes a useful manager's fact sheet. Call Work/Life Connections-EAP at 936-1327 or visit www.healthandwellness.vanderbilt.edu to download a copy.