

# YOUR GUIDE TO QUITTING SMOKING & VAPING

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Congratulations on your decision to quit or cut back on smoking or vaping! We hope this guide can serve as a resource for you on your way to a smoke-free life.

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## IN THIS RESOURCE GUIDE

On-Campus Resources

Websites

Advice from Experts

Apps & Text Support

And more!

*If there are other resources or tools that you don't see here that would be helpful to you as you start your quitting journey, let WesWell know!*

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# ON-CAMPUS RESOURCES

## STUDENT RESOURCES AT WESLEYAN

- Individual cessation appointments with a Tobacco Treatment Specialist at WesWell
    - Create a quit plan and have support along the way.
    - As you make progress in your quitting journey meet, with a Tobacco Treatment Specialist to evaluate your quit plan, prepare for any challenges and have support and incentives along the way
    - Email [weswell@wesleyan.edu](mailto:weswell@wesleyan.edu) to set up an appointment
  - Nicotine replacement therapy (NRT)
    - Options at WesWell include: patch, gum, and lozenges
      - Contact September Johnson at WesWell at [sfjohnson@wesleyan.edu](mailto:sfjohnson@wesleyan.edu) or call 860-685-3027
    - CAPS and Health Services can provide prescriptions for additional forms of NRT
    - Free of charge while grant funding is available. Available at cost following the grant funding
  - Quit kits
    - Contact September Johnson at [sfjohnson@wesleyan.edu](mailto:sfjohnson@wesleyan.edu) to request one
    - Stop by WesWell, Office of Health Education (287 High St) between 8:30-4:30 to pick one up!
  - Tobacco eCHECKUP TO GO
    - This program is designed to motivate individuals to reduce their tobacco consumption by applying personalized information about their own use and risk factors. It addresses all forms of nicotine.
    - <https://interwork.sdsu.edu/echeckup/tobacco/campus/Wesleyan>
  - Mindful Wes
    - Mindful Wes aims to bring conscious awareness to ourselves, our community, and our environment by offering spaces to learn and practice meditation.
    - [MindfulWes.wordpress.com](http://MindfulWes.wordpress.com)
  - Peer-to-Peer Support Group
    - If you are interested in a peer to peer support group please contact [sfjohnson@wesleyan.edu](mailto:sfjohnson@wesleyan.edu) to be added to the support group list.
  - Information and resources
    - Need some tips or tricks to help support you or a friend?
    - Have questions about the policy?
    - Want some more research on these topics?
    - Additional resources and more are available by request by emailing [sfjohnson@wesleyan.edu](mailto:sfjohnson@wesleyan.edu)
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# ON-CAMPUS RESOURCES

## FACULTY & STAFF RESOURCES AT WESLEYAN

- Nicotine replacement therapy, on an as-needed basis
    - For example, forgot your NRT gum at home during your shift
      - Free of charge while grant funding is available, available at cost following the grant funding.
      - Options include the patch, gum, and lozenges
      - Contact September Johnson at WesWell at [sfjohnson@wesleyan.edu](mailto:sfjohnson@wesleyan.edu) or call 860-685-3027
      - Only available during business hours
  - Quit kits
    - Contact September Johnson at [sfjohnson@wesleyan.edu](mailto:sfjohnson@wesleyan.edu) to request one.
    - Stop by WesWell, Office of Health Education (287 High St) between 8:30-4:30 to pick one up!
  - Employees on the university-sponsored health insurance should utilize their insurance benefits for cessation services. These include NRT patches, health coaches, emotional and physical health resources and more
    - Please log in to your Cigna account or contact Human Resources for more information.
    - [Success@Wes](mailto:Success@Wes) courses will be available to help individuals easily navigate what cessation services are covered under your plan.
  - Wellness points
    - Starting in January 2022, smoking cessation will be added to the Human Resources Wellness Points Program, you can quit smoking and earn points!
  - Tobacco eCHECKUP TO GO
    - This program is designed to motivate individuals to reduce their tobacco consumption by applying personalized information about their own use and risk factors. It addresses all forms of nicotine.
    - <https://interwork.sdsu.edu/echeckup/tobacco/campus/Wesleyan>
  - Employee Assistance Program
    - Talk to a Licensed Professional Counselor over the phone. Compassionate professionals are there to listen and put you in touch with expert resources in your community for additional support.
    - Call 1-800-854-1446
    - Visit [www.unum.com/lifebalance](http://www.unum.com/lifebalance)
  - Information and resources
    - Additional resources are available by request by emailing [sfjohnson@wesleyan.edu](mailto:sfjohnson@wesleyan.edu)
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# ON-CAMPUS RESOURCES

## QUIT KITS

WesWell has Quit Kits available in their office you help give you an extra boost as you start your journey to a tobacco and/or nicotine-free life. These kits include:

- Lollipops
- Gum
- Stress ball
- Elastic bands
- Tips, tricks, resources, and more!

Quit kits will be offered following cessation appointments or can be requested by emailing [sfjohnson@weslyean.edu](mailto:sfjohnson@weslyean.edu) to coordinate pickup or drop off. Quit kits are also available in the WesWell Resource Room at 287 High St, Monday-Friday, 8:30AM-4:30PM.



Example of a Quit Kit

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# APPS TO HELP WITH YOUR QUITTING JOURNEY

## QUIT GUIDE

*Available on Apple and Android Devices*

QuitGuide is a free smartphone app that can help you quit smoking. You can track your cigarette cravings and moods, monitor your progress toward achieving smokefree milestones, discover your reasons for quitting smoking, identify smoking triggers and develop strategies to deal with them, get expert guidance on how to quit smoking and address nicotine withdrawal, and access a variety of other strategies to help you successfully become and stay smokefree. QuitGuide provides tips to use during cravings. Use these tips to help you manage your mood and stay smoke-free. QuitGuide also gives you the ability to track cravings by the time of day and location, so you can receive support when and where you need it. QuitGuide is a product of Smokefree.gov.



## QUITSTART

*Available on Apple and Android Devices*

quitSTART is a free app made for teens who want to quit smoking, but adults can use it too. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smokefree and live a healthier life. quitSTART helps you: Get ready to quit with tips and information to prepare you for becoming smoke-free, Monitor your progress and earn badges for smoke-free milestones and other achievements, Get back on track if you slip and smoke, Manage cravings and bad moods in healthy ways, Distract yourself from cravings with games and challenges, Store helpful tips, inspirations, and challenges in your Quit Kit, Share your progress and favorite tips through social media



## SMOKEFREE

*Available on Apple and Android Devices*

This is the stop smoking app that science built. Over 20 different, evidence-based, techniques to help you become - and stay - smoke free. See how much money you've saved, how many cigarettes you've not smoked, how long you've been smoke free, how much life you've regained and how your health is improving. Log your cravings, get tips on dealing with them, use the map to see where they congregate, the notes to see what patterns can be identified and the graph to see how they're decreasing. All this is free to use and entirely free of ads.



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# APPS TO HELP WITH YOUR QUITTING JOURNEY

## QUIT NOW!

*Available on Apple and Android Devices*

QuitNow! makes quitting easier by helping you focus your energy into four sections – your new ex-smoker status, 70 ex-smoker achievements to keep you motivated, a strong ex-smoker community, and your newfound health improvements. Browse frequently asked questions or ask the QuitNow! bot questions of your own



## KWIT

*Available on Apple and Android Devices*

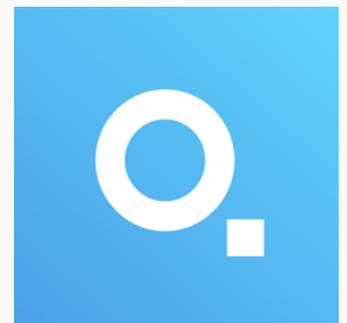
Why not turn your resolution to stop smoking into a game? Kwit uses various game techniques and thinking to encourage you to stop smoking. Unlock achievements, depending on the last time you've smoked, and move up the rankings to become the Ultimate Kwitter. You can also share your achievements on social media and encourage your friends to get involved too.



## QUIT GENIUS - QUIT SMOKING & VAPING

*Available on Apple and Android Devices*

The app uses scientifically proven behavioral support to help you stop smoking or vaping. It works by changing the way you think about your habit. So we don't ask you to quit right away, instead, we prepare you in the right way so you have everything you need before your quit date. What's more, the whole process is gamified, so you will be rewarded for your efforts. The program will guide you on your journey to better understand your relationship with cigarettes or e-cigarettes and help you change your current habits into healthy ones. Premium Cost: \$24.49



## QUIT VAPING

*Available on Apple and Android Devices*

Quitting can be difficult and overwhelming, but with Quit Vaping it becomes a lot easier. We provide many resources that have been proven to help people stop vaping. Take the first step to a vape-free life and download Quit Vaping. Features: Buddy System, Community Forum, Future Quit Date, Streak Timer, Streak Tracker, Vape Tracker, Pod/eJuice Tracker, Puff Tracker, Quit Coach, Goals, Money Calculator, Timeline Achievements, Health Benefits, Personal Journal, Craving Tracker, Trigger Tracker



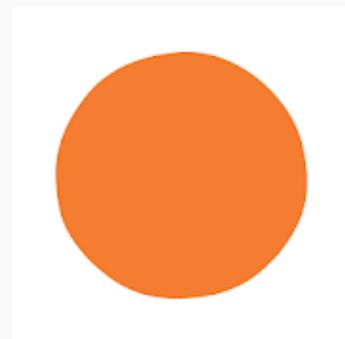
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# APPS TO HELP WITH MEDITATION & BREATHING

## HEADSPACE

*Available on Apple and Android Devices*

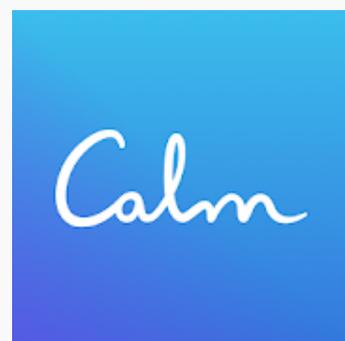
Stress less. Sleep soundly. Get happy. Learn the life-changing skills of meditation and mindfulness in a few minutes a day with Headspace. Choose from hundreds of guided meditations on everything from stress management and anxiety management to sleep, personal growth, and mind-body health. Students qualify for a discount!



## CALM

*Available on Apple and Android Devices*

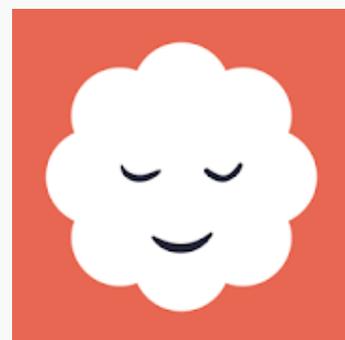
Calm is a leading app for meditation and sleep. Join the millions experiencing lower stress, less anxiety, and more restful sleep with our guided meditations, Sleep Stories, breathing programs, masterclasses, and relaxing music. Recommended by top psychologists, therapists, and mental health experts. The perfect mindfulness app for beginners, but also includes hundreds of programs for intermediate and advanced users.



## MYLIFE MEDITATION

*Available on Apple and Android Devices*

Learn to meditate and be more mindful with MyLife Meditation, formerly known as Stop, Breathe & Think. MyLife Meditation is an award-winning meditation and mindfulness app personalized to how you feel. Develop simple habits and learn to maintain perspective so you can get to a better place, in just a few minutes a day. Check-in with how you're feeling and try short guided meditations and mindfulness activities, tuned to your emotions. Destress with a meditation guide to gain a better, calm mind space.



## MINDSHIFT

*Available on Apple and Android Devices*

Break free from anxiety and stress using this free evidence-based anxiety management app. MindShift CBT uses scientifically proven strategies based on Cognitive Behavioral Therapy (CBT). MindShift CBT is a free self-help anxiety relief app that helps you reduce worry, stress, and panic by following evidence-based strategies. Using CBT tools, you can challenge negativity, learn more about anxiety, develop more effective ways of thinking, be mindful, and relax.



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# HELPLINES, CHAT & TEXT SUPPORT RESOURCES

## CONNECTICUT QUIT LINE

*1-800-QUIT-NOW (1-800-784-8669)*

The CT Quitline is a telephone helpline offered free of charge that provides cessation counseling, quitting information, answers to your questions, and support you need while quitting. Your call will be answered by a Quit Coach who is professionally trained to help you quit tobacco. Your Quit Coach and you will create a personalized Quit Plan for you to be most successful. Your Quit Coach can also refer you to local cessation programs in your community. The CT Quitline is open 7 days a week 24 hours a day. English, Spanish, and other language speaking coaches are available. Once an account is created you can opt for text support as well.



## SMOKEFREE.GOV PHONE LINES

*Two options available, choose what will work best for you!*

[800-QUIT-NOW \(800-784-8669\)](tel:800-784-8669)

All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary from state to state.

[877-44U-QUIT \(877-448-7848\)](tel:877-448-7848)

The National Cancer Institute's trained counselors provide information and support for quitting in English and Spanish. Call Monday through Friday 9:00 a.m. to 9:00 p.m. Eastern time.



## SMOKEFREE.GOV CHAT SUPPORT

*Chat online to get answers to your questions!*

Connect with a National Cancer Institute LiveHelp information specialist. Get immediate information and answers about quitting smoking. LiveHelp is available Monday through Friday from 9:00 a.m. to 9:00 p.m. Eastern time. LiveHelp also is available in Spanish.

English LiveHelp: <https://tinyurl.com/LiveHelpEnglish>

Spanish LiveHelp: <https://tinyurl.com/LiveHelpSpanish>



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# HELPLINES, CHAT & TEXT SUPPORT RESOURCES

## SMOKEFREE.GOV TEXT MESSAGING PROGRAMS

*Many different options are available for you to try to find what works best for you!*

### SmokefreeTXT

SmokefreeTXT is a free text message service designed for people across the United States who are trying to quit smoking. Available in English and Spanish.

English Sign Up Here: <https://tinyurl.com/smokefreetxt>

Spanish Sign Up Here: <https://tinyurl.com/smokefreetxtspanish>

### DipfreeTXT

DipfreeTXT is a free text message service for young adults who are trying to quit smokeless tobacco. Available in English.

Sign Up Here: <https://tinyurl.com/dipfreetxt>

### SmokefreeVET

SmokefreeVET is a text message service for veterans with VA healthcare benefits who are ready to quit smoking or using tobacco. Available in English and Spanish.

English Sign Up Here: <https://tinyurl.com/smokefreevet>

Spanish Sign Up Here: <https://tinyurl.com/smokefreevetspanish>

### SmokefreeMOM

SmokefreeMOM is a free text message service program for pregnant women who want to cut back on cigarettes and quit smoking. Available in English

Sign Up Here: <https://tinyurl.com/smokefreemom>

## QUIT VAPING PROGRAM: THIS IS QUITTING TEXT PROGRAM

*Teens and young adults can join for free by texting DITCHVAPE to 88709*

This is Quitting is a free mobile program from Truth Initiative designed to help young people quit vaping. The first-of-its-kind text messaging program incorporates messages from other young people like them who have attempted to, or successfully quit, e-cigarettes. Messages show the real side of quitting, both the good and the bad, to help young people feel motivated, inspired and supported throughout their quitting process. You will also receive evidence-based tips and strategies to quit and stay quit. This is Quitting has helped more than 220,000 youth and young adults on their journey to quit vaping.

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# SUPPORT GROUPS

## NICOTINE ANONYMOUS (NICA)

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Nicotine Anonymous ("NicA") is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives. Nicotine Anonymous welcomes all those seeking freedom from nicotine addiction, including those using cessation programs and nicotine withdrawal aids. The primary purpose of Nicotine Anonymous is to help all those who would like to cease using tobacco and nicotine products in any form. The Fellowship offers group support and recovery using the Twelve Steps and Twelve Traditions, as adapted from Alcoholics Anonymous to achieve abstinence from nicotine.



## CONNECTICUT-BASED SUPPORT GROUPS

<https://tinyurl.com/CTCessation>

The Connecticut Department of Public Health developed a list of Community Tobacco Cessation Programs in the state sorted alphabetically by city or town. Listed towards the top of the document are groups and services that are labeled as the "Commit to Quit Sites." These sites provide their services with no fees attached. The following section lists other community cessation services that are available in communities but some may require a fee for services.

You can also visit [211ct.org](http://211ct.org) and search "Smoking Cessation" for additional supports.



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## WEBSITES

### BECOME AN EX

[www.becomeanex.org](http://www.becomeanex.org)

BecomeAnEX is a free, digital quit-smoking plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic. It has helped more than 910,000 people develop the skills and confidence to successfully quit. Research has shown that following the BecomeAnEX quit plan quadruples a tobacco user's chance of quitting.



### COMMIT TO QUIT - CONNECTICUT QUIT WEBSITE

[www.quitnow.net/mve/quitnow?qnclient=connecticut](http://www.quitnow.net/mve/quitnow?qnclient=connecticut)

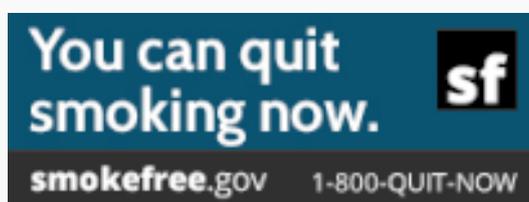
Welcome to a better way to quit. Using proven techniques tested over 25 years, our program has helped millions of people and it can help you too. Get started today, and connect with 1-on-1 support to beat urges, manage withdrawal symptoms and switch up your habits so you can enjoy life tobacco-free. Check out some of the tools and resources below that may be available to you.



### SMOKEFREE.GOV

[www.smokefree.gov](http://www.smokefree.gov)

Smokefree.gov has a plethora of resources, tools, and tips that can be used as you prepare, start, and continue your efforts to quit smoking or using nicotine products. This website can help you develop your quit plan, how to cope with the stress of quitting, tips if you slip while trying to quit and lots more. Are you looking for information on how to support a loved one who is trying to quit? You can find this information here too!



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## WEBSITES

### KILL THE CAN

[www.killthecan.org](http://www.killthecan.org)

Kill The Can has free resources and tools, including a quitting forum, a chat room, and quitting groups, to help dip, snuff, and chewing tobacco users quit.

# KILLTHECAN.ORG

### THE TRUTH

[www.thetruth.com](http://www.thetruth.com)

The goal of The Truth's website is to give you the facts and tools to make a change. From exposing Big Tobacco's lies and manipulation, to battling the Vaping and Opioid epidemics, we stand with you to fight against addiction and forces that fuel it.



### FREEDOM FROM SMOKING PROGRAM

<https://www.lung.org/quit-smoking>

The American Lung Association has been helping people quit smoking for over 35 years through Freedom From Smoking®. Ranked as one of the most effective cessation programs in the country, Freedom From Smoking has helped hundreds of thousands of people quit smoking for good and is now available in a variety of formats.



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## **SUPPLEMENTARY QUIT GUIDES**

Here are some additional quit guides created by experts in the field to aid in your quitting journey.

### **CDC GUIDE FOR QUITTING SMOKING**

<https://tinyurl.com/cdcsmakequitguide>

Available in English and Spanish, the CDC runs the Tips from a Former Smoker Campaign and gives you tips and tools as you prepare to quit smoking, as you are quitting, and helping you maintain a smoke-free lifestyle. Many tips are offered in this guide—choose what works best for you. You can quit for good, even if you've tried before and haven't succeeded.

### **AMERICAN ACADEMY OF FAMILY PHYSICIANS QUIT GUIDE**

<https://tinyurl.com/AAFPquitguide>

Whether you smoke cigarettes or use other types of tobacco or nicotine products, following these 5 steps will put you on a path to better health. Quitting smoking is hard work. This guide will show you how to quit, but success requires your energy, your determination, and your time. As you begin working toward your goal, keep in mind that half of all people who ever smoked have quit. You can do it, too!

### **AMERICAN CANCER SOCIETY GUIDE TO QUITTING**

<https://tinyurl.com/CancerSocietyQuitGuide>

Available in English and Spanish, the CDC runs the Tips from a Former Smoker Campaign and gives you tips and tools as you prepare to quit smoking, as you are quitting, and helping you maintain a smoke-free lifestyle. Many tips are offered in this guide—choose what works best for you. You can quit for good, even if you've tried before and haven't succeeded.

### **WHAT YOU NEED TO KNOW ABOUT QUITTING SMOKING-ADVICE FROM THE SURGEON GENERAL**

<https://tinyurl.com/SurgeonGeneralQuitGuide>

Quitting smoking can be hard, but it is possible. But the good news is that we know what works to help people succeed in quitting. This Surgeon General's report highlights an array of effective cessation treatments, including counseling and FDA-approved medications. While counseling and medication are each effective alone can more than double one's chances of successfully quitting.

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## THINGS TO REMEMBER

Some additional advice and encouragement to remember during your quitting journey.

### **IT MIGHT TAKE SOME TIME TO FIND THE RIGHT COMBINATION OF RESOURCES**

Quitting nicotine is a very personal process. What works well for one person might not work for another person. But don't give up! There is a resource or a combination of resources out there that will help you in your quitting journey. Using more than one type of method or resources to quit smoking can help. For example, studies have shown that using NRT with a program that helps behavior change can double your chance of successfully quitting.

### **DON'T FORGET ABOUT YOUR SUPPORT SYSTEMS!**

Be sure to involve your friends and family in your quitting journey! Their support can help you deal with cravings and support you in this change. Don't forget to check out support groups so you can connect with individuals who are going through a similar experience. Include your friends, family and co-workers in your support system if you feel comfortable with them. Consider reaching out to a health coach, therapist or counselor as well.

### **IF YOU SLIP & SMOKE OR VAPE, DON'T PANIC. RELAPSE IS A PART OF THE RECOVERY JOURNEY**

If you slip or relapse during your recovery process, don't worry, this is a part of the recovery process for many people. The good news is that you can get back on track by reexamining your motivations to quit. Use this as a learning opportunity to figure out what may have caused you to slip or relapse and use this information to know what your triggers may be so you can avoid these situations in the future or find a new way to avoid smoking in this situation.

### **REACH OUT! WESWELL IS HERE TO SUPPORT YOU!**

Quitting nicotine can be hard, but it is possible and you can do it! WesWell is here to support you as you figure out what works best for you. Need to talk through your options? Need a different kind of support or resource? Have questions regarding tobacco, vaping, quitting or something related? Reach out and WesWell will be happy to help you!

