

# TOBACCO CESSATION RESOURCES

## NYS Quitline 1-866-NY-QUITS (1-866-697-8487)

**Combining coaching support with nicotine replacement can double your chances of successfully quitting.** Call a NYS Quitline Quit Coach at 1-866-697-8487 to see if you are eligible to receive a free starter kit of Nicotine Replacement Therapy (NRT). Additional NRT may be available over the counter, or through your doctor. Patches, gum, and lozenges are all available over-the-counter. Nasal spray, inhalers, Bupropion (Zyban), and Varenicline (Chantix) are all available by prescription (please be sure to check with your insurance plan to see what prescription aids are covered).

## Create a Quit Plan – Smokefree.gov

Quitting can be hard, but being prepared boosts your chances of success. Build a free and personalized quit plan to get ready and find out what to expect along the way. <https://smokefree.gov/build-your-quit-plan>

## QuitGuide Mobile App

This free smartphone app can help you track your cravings and moods, monitor your progress toward achieving smoke free milestones, identify your reasons for quitting, identify smoking triggers and develop strategies to deal with them, provide guidance on quitting smoking, and a variety of other strategies to help you successfully become and stay smoke free.

## Smokefree TXT

This mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking. The program was created to provide 24/7 encouragement, advice, and tips to help smokers quit smoking and stay quit. To sign up, go to <http://smokefree.gov/smokefreetxt> and fill out a quick form.

## University of Rochester: Telehealth Tobacco Dependence Treatment Program

To schedule your first consultation, follow the steps below.

Step 1: Call (585) 530-2050 or email [healthy\\_living@urmc.rochester.edu](mailto:healthy_living@urmc.rochester.edu) and let us know you would like to talk to a tobacco dependence counselor.

Step 2: Decide if you will see us in-person, by telehealth, or would like to talk by phone. For telehealth, you can use your smartphone or tablet with Wi-Fi OR a computer with webcam and microphone.

Step 3: Schedule an appointment with us. For appointments by telehealth, we will send login instructions to the email address you provide.

## Mother & Babies Perinatal Program – Quit Kit Smoking Cessation Program

The Quit Kit Program is a phone based, smoking cessation program for pregnant and parenting women and family members, or anyone caring for young children. Enroll for free by calling (800)231-0744.

## Web Resources

NYS Smokers Quitline <https://www.nysmokefree.com/>

Smokefree.gov <https://smokefree.gov/>

SmokeFreeWomen <https://women.smokefree.gov/pregnancy-motherhood>

SmokeFreeVeteran <https://veterans.smokefree.gov/>

The Vape Talk – Tips for talking to kids about e-cigarettes <https://www.lung.org/stop-smoking/vape-talk/>