

NICOTINE CESSATION

Resource Guide

Campus One-on-One Consultation and Support

UREC: Wellness Coaching

www.jmu.edu/recreation/services/health-wellness/coaching

Have you been thinking about quitting and don't know where to start? Have you tried to stop using nicotine and just can't seem to stay nicotine free? Wellness Coaching appointments are available if you'd like to discuss your reasons for quitting and explore resources to support you along the way.

Scan the QR code to schedule a Wellness Coaching consultation session:



Nicotine Replacement Options

Nicotine Replacement Therapy (NRT) can help minimize withdrawal symptoms. Nonprescription options (patch, gum and lozenge) can be ordered through the University Health Center (UHC) pharmacy on the first floor of the Student Success Center. Products are available within 24-48 hours of ordering. Talk with JMU's pharmacist about the replacement option best for you and consider scheduling a UREC Wellness Coaching session to explore your motivation for quitting.

Online Support

CravingtoQuit:

<https://www.cravingtoquit.com>

A mindfulness-based and evidence-based tobacco cessation program delivering treatment on mobile devices and the web through videos, animations, in-the-moment exercises and an online support community.

QuitGuide & quitSTART:

<https://smokefree.gov/tools-tips/apps>

These free **quitSTART** and **QuitGuide** apps offer personalized support and motivation to help you quit. 24/7 support on your smartphone tailored to your unique patterns, moods, motivation to quit and quitting goals.

thisisquitting.com

<http://www.thisisquitting.com/>

A free anonymous text messaging program designed to help young adults quit vaping. Set your quit date and get support tailored to you - even if you're not yet ready to quit. Join for free by texting DITCHVAPE to 88709.

BecomeAnEx:

<https://www.becomeanex.org/>

Create a smart, custom plan for your nicotine free life. Receive text messages, recommendations and tips from Mayo Clinic experts.

Quit Now Virginia - 1.800.Quit.Now

<http://www.vdh.virginia.gov/tobacco-free-living/quit-now-virginia>

Free, confidential, one-on-one information and coaching available 24/7 by telephone or online. Support is offered by certified Quit Coaches; in combination with nicotine replacement therapy prescribed by healthcare providers to increase the rate of successfully quitting.

As of July 1, 2019, Virginia law prohibits persons under the age of 21 from purchasing or possessing tobacco or nicotine products. This is not a complete list of online cessation resources nor is it an endorsement for any specific resources.