

College Wellness Resources:

Tobacco cessation

The following resources are to help college students, faculty and staff quit tobacco and vape products. This guide will be updated and distributed each year.

Way to Quit

Way to Quit offers free and confidential tools that are available 24/7 to help individuals quit any nicotine product. These proven methods include: quit coaching with customized quit plans, nicotine replacement therapy (NRT), and regular emails or texts with supportive resources.

- **Quit coaching & quit plans**

With the help of quit coaches, people are two times more likely to quit nicotine long-term. You can sign up at waytoquit.org or by calling 1-800-QUIT-NOW and be assigned a quit coach. Together, you can create a quit plan customized to your unique needs.

- **Nicotine replacement therapy**

People who use nicotine replacement therapy are three times more likely to quit nicotine products long term. It addresses chemical withdrawal symptoms to fight cravings. See if you qualify at waytoquit.org or by calling 1-800-QUIT-NOW.

- **Regular, supportive resources**

When you enroll in a quit plan, you can opt into regular emails or texts with supportive resources. This may include progress updates, quit tips, quit research and data, and more.

Quitting tobacco

While quitting can be hard, there are many resources for those who are ready. Different quit methods work for different people, and no two paths to quitting are the same. Often, several attempts are needed before the right method is found.

Truth Initiative

The first of its kind, [Truth Initiative](http://truthinitiative.org) launched a quit program for e-cigarettes. The program is tailored by age group to give young adults appropriate recommendations about quitting. To access the new e-cigarette quit program, users can text "QUIT" to (202) 804-9884.

Promotional materials

Free promotional materials for cessation resources are available at your [local health department](#) or can be requested by emailing waytoquit@utah.gov.

Additional cessation resources

- becomeanex.org
- smokefree.gov

College Wellness Resources:

Tobacco prevention

The following resources can be used to help prevent tobacco and vape use among college students, faculty and staff. This guide will be updated and distributed each year.

See Through the Vape

[See Through the Vape](#) is a campaign on vaping awareness. Educational resources include: facts on vapes being hazardous waste, information on proper vape disposal and a discussion guide for parents to talk about vaping dangers.

Truth Initiative

The [Truth Initiative](#) provides resources tailored to young adults. Some of its campaigns include, “Vaping + Mental Health,” “Breath of Stress Air” and “Depression Stick.” They aim to prevent smoking, vaping and opioid use in young adults.

Center for Disease Control and Prevention (CDC)

[CDC’s Office on Smoking and Health \(OSH\)](#) developed a presentation to educate young adults on e-cigarettes, their health risks, factors that lead to usage, and how to avoid them.

Addiction policy forum

[Vaping: Know the Facts](#) aims to correct misinformation; explain the health risks of vaping, and empower schools, families and students to take action against e-cigarettes.

Stanford tobacco and cannabis prevention toolkit

The [Tobacco Prevention Toolkit](#) and [Cannabis Prevention Toolkit](#) from Stanford Medicine are adaptable to the needs of educators and students. These toolkits contain modules that focus on e-cigarettes and vapes, nicotine dependency, and the impacts of cannabis use.

Preventing tobacco use

A tobacco-free environment alone will not reduce initiation rates of tobacco use. Tobacco prevention education and evidence-based prevention practices are proven to reduce the onset of tobacco use. Programs should focus on skills training and not rely on traditional scare tactics with the “harmful” message.

American College Health Association

The American College Health Association (ACHA) [Alcohol, Tobacco, and Other Drugs/Substance Use](#) page includes resources for addressing e-cigarettes and vaping, as well as other substances among college students. Additionally, it provides coalition resources, brochures, links to external resources, and survey data on smoking habits and other risky behaviors.

Additional prevention resources

- [Tobacco-free generation campus initiative](#)
- [American nonsmokers’ rights foundation](#)