

Additional Resources To Help You Quit Smoking

Centers for Disease Control and Prevention:

Comprehensive source of data, resources, and materials to help someone quit smoking. Materials are aimed at a variety of audiences. www.cdc.gov/tobacco

College Tobacco Prevention Resource: A new website with facts about college tobacco use, strategies for comprehensive college tobacco prevention, recommended steps for taking action on campus, case studies, glossary and links, and frequently asked questions. www.ttac.org/college/index.html

Joe Chemo: Youth site promoting an end to tobacco advertising campaigns and targeting youth smoking initiation. www.joechemo.org

New York State Smokers' Quitline: A resource of materials and support for smokers, former smokers, teens, and health care professionals. www.nySmokefree.com and 1-888-609-6292

Nicotine Anonymous: Offers community outreach, materials, and information on group support to live tobacco-free. Features the twelve step program. www.nicotine-anonymous.org

NOVA Online - Search for a Safe Cigarette: A public broadcast devoted to the dangers of smoking. www.pbs.org/wgbh/nova/cigarette

Office of the Surgeon General: Offers numerous stop smoking materials. www.surgeongeneral.gov/tobacco

Quit 4 Life: Canadian website with several stop smoking tips and how to deal with smoking triggers. www.quit4life.com

QuitNet: A website developed to help smokers make personal quit plans, as well as access online community support and useful materials. www.quitnet.com

Quit Smoking Support: Interactive stop smoking support, chat rooms, and numerous materials. www.quitsmokingsupport.com

RxMax Well Company: This website offers stop smoking help, including an online stop smoking program. www.iwillstop.com

Smokefree.gov: Tools, information, and support to help people quit smoking. Offers online support, materials, and step-by-step guides. www.smokefree.gov

Smokers' Health Project: This intensive treatment program is for individuals who want to quit smoking, as well as those who do not. There are no fees for this program. Participants receive small payments at the end of each year for completing periodic questionnaires. Call 530-2050 for more information and an initial screening to determine eligibility.

Try To Stop: Comprehensive stop smoking site. www.trytostop.org

UNIVERSITY SMOKE-FREE ADVOCACY LINKS

University of Rochester: Check the University Health Service web site at www.rochester.edu/uhs for a link to Health Topics. Fact sheets about quitting smoking, dealing with withdrawal, and staying quit are on the site, as well as links to three self assessment tools.

University of Maryland: A link to the University Health Center Smoking Cessation Information Website www.health.umd.edu/programs/smokingcessation.html

University of Rhode Island: The Health Education Department offers a great source of smoking information. health.uri.edu/healthed/index.html

University of Vermont: The Center for Health & Wellbeing offers many services devoted to smoking cessation. www.uvm.edu/health/tobacco

Virginia Commonwealth University: The Quit Smoking Website www.students.vcu.edu/health/QUIT/quitlinks.html

RELATED HEALTH LINKS

American Cancer Society: General information about cancer with statistical date. Can be useful for families, health care professionals, and cancer survivors. www.cancer.org

American Heart Association: Comprehensive information on heart related diseases and activities of the AHA. www.americanheart.org

American Lung Association: Focuses on asthma, tobacco control, and environmental health. Offers the Freedom From Smoking written guide, audiocassette program, and other information on local group clinics and online programs. www.lungusa.org

Dr. Koop's Community: Provides the audience with general health information and benefits of quitting smoking. www.drkoop.com

National Institutes of Health: A broad source of medical information. www.nih.gov

New York State Department of Health: New York State Department of Health Website with a direct link to the New York State Smokers' Quitsite. www.health.state.ny.us

Tobacco BBS: Covers the business and politics of tobacco. www.tobacco.org

SCHEDULING AN APPOINTMENT

Your primary care provider (PCP) at the University Health Service can help you quit smoking. Call 275-2662 to schedule an appointment at the University Health Service (UHS). UHS offers a full range of services. All visits to UHS are confidential.