

Spring 2012 Tobacco Cessation Services

UB students, staff and faculty members can utilize any of the following free cessation services on campus

Individual Quit Smoking Consultation

These offices can help you make a quit plan or receive support to stay quit—along with free nicotine patches, gum or lozenges.

- Wellness Education Services, 114 Student Union, north campus, 645-2837.
- Students call to make an appointment at Health Services, Michael Hall, south campus, 829-3316.
Student Health Services can provide prescriptions for cessation medications like Zyban or Chantix too.
- Wellness & Work/Life Balance, University Human Resources, 105 HRD Bldg, 645-5357.
- Faculty/staff call to make an appointment at Employee Assistance Program, eap.buffalo.edu, 156 Parker Hall, 645-4461.

Campus “Quit Coach” Program

Get linked with a pharmacy student who is trained to create a quit plan and support you in the weeks and months that follow. Quit Coaches are available to assist with challenges, such as smoking triggers, withdrawal and side effects of nicotine replacement therapy. Quit coach contacts are more informal and may be done in-person, by phone, email or text—as decided upon between the program participant and the Quit Coach. You could meet in the SU, a coffee shop, etc.

For more information or to enroll, go to wellnessed.buffalo.edu/tobacco



Quit Smoking Walk-In Clinics

Meet one-on-one with a trained Quit Coach
Receive a supply of free nicotine patches/gum/lozenges
Return for additional supplies after a brief check-in
Mondays, Thursdays and Fridays, 11am—2pm
At Wellness Education Services, 114 Student Union
From 1/19—4/30/2012

Smoking Cessation Life and Learning Workshops

Plan Your Quit: A Smoking Cessation Workshop

Ready to jump start your quit? With the support of others who have successfully quit, you will receive tips, tools, and resources to get your quit off to a strong start. Free quit mints, stress reliever tools, nicotine gum, lozenges and patches also provided.

Thursday, 2/9, 4-5pm, 235 Student Union and Wednesday, 3/28, 4-5pm, 235 Student Union
Register for workshops online at workshops.buffalo.edu/

How to Support UB’s Smoke-Free Campus

Do you know how many years it takes for a cigarette butt to decompose? Or the tactics that the tobacco industry uses to promote their products to college students? In this session you will also learn about what to do if you see someone smoking on campus and resources to help a friend who wants to quit smoking. Participants will get a free t-shirt and learn about volunteer opportunities to support our smoke-free campus, including community service or academic credit.



Wednesday, 2/8, 4-5pm, 235 SU—Also available by request to student organizations and classes