Smoking Cessation Resources

Chestnut Hill College Health Services can offer tobacco cessation support to any student who has the desire to quit smoking. The Health Office has educational materials available for anyone who would like to quit smoking or cut down on smoking.

Books available for loan:

‘Quitting Smoking for Dummies’ by David Brizer, M.D.

Online Free Cessation Sites:

- www.quitnet.com
- www.SmokingStopsHere.com
- www.trytostop.org
- www.stop-tabc.ch

Pharmaceutical Company sites:

- www.zyban.com
- www.nicoderm.com
- www.nicorette.com
- www.commitlozenge.com
- www.chantix.com
- www.committedquitters.com
- www.whyquit.com (no medications)
- www.nstep.org/nstep.shtml
Here are some tips to help you get started on quitting smoking:

Hide your cigarettes, lighters and ashtrays- seeing them can trigger a craving!

Try a new activity that you can’t do while smoking such as running, swimming or cooking.

Keep snacks such as carrot sticks, celery, pretzel rods, gum or lollipops handy to replace your cigarette.

Don’t hang out in places where you can smoke.

When you crave a cigarette, try taking a hot shower, meditating or calling a friend.

Keep reminding yourself that withdrawal symptoms only last one-two weeks! You can do it!

If you aren’t ready to quit, try cutting down first:

Set a quitting target date- try and interest friends in joining you!

Smoke one less cigarette a day

Postpone lighting your first cigarette for an extra hour each day.

Smoke only half of each cigarette.

Relapses occur most often in the first week-if this happens to you, don’t give up-keep trying!