

Strategies to Quit Tobacco

Considering quitting smoking or vaping? A combination of counseling and medication leads to greatest success

Don't know where to begin?

Counseling provides problem-solving skills (managing cravings) and emotional support (increases confidence and motivation).

Free 1:1 counseling is available through the California Smokers' Helpline **1-800-NO-BUTTS** and the California Helpline for Vaping **1-844-8-NO-VAPE**.



PATCH



Along with counseling, choose the right medication.

Nicotine Replacement Therapy (NRT) delivers nicotine and reduces withdrawal symptoms while adjusting to quitting tobacco. NRT choices include nicotine gum, lozenge, patch, and inhaler.

FDA-approved medication for smoking cessation includes Zyban and Chantix. Zyban helps with craving; Chantix also helps with craving and makes smoking/vaping less rewarding.



LOZENGE



INHALER



GUM

LEARN ABOUT CESSATION RESOURCES BY VISITING
[CSUSM.EDU/SMOKEFREE/RESOURCESTOQUIT.HTML](https://csusm.edu/smokefree/resourcestoquit.html)

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