

How Digital Tools Can Help Smokers Quit For Good

Online resources and tools can effectively help support a successful quit attempt. Learn about mobile apps for students and employees by visiting www.csusm.edu/smokefree.

Some free resources include:



Mobile Apps

24/7 support for smokers to help them understand their smoking patterns and build necessary skills to quit and stay smoke free. Identifies highest point of craving and delivers a motivational message to stay on track.

Texting Support

Text message reminders to help individuals stay smoke free. It is easy to sign up for and provides a personal counselor available via text message for additional support.

To sign-up, text "Quit Smoking" to 66819

