**Services in Illinois   
to Help Quit Smoking**

* Call (866) 784-8937 or go to <http://quityes.org/>
* Students over the age of 18 qualify for services as long as they are not a recipient of Medicaid or other private health insurance
* Phone counseling (brief or multi-session)
* Medications – nicotine patch, lozenges, or gum
* Online – self-help tools, quitline information, interactive counseling, cessation information, automated email messages, chatrooms

**Apps** to help you quit smoking (<https://smokefree.gov/tools-tips/apps)>

* QuitGuide
* quitSTART

**Text QUIT** to **47848** for The National Cancer Institute’s text-messaging quit smoking program.

**Smoking 101 for students:** An article formatted as a quiz to walk you through the reasons you might be smoking and the reasons you should quit smoking and then provides resources if you want to stop smoking (<http://readsh101.com/m/1115/07/wheatoncollege.html)>

**Products to help you quit smoking:** <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm>

* Nicotine replacement products (<http://readsh101.com/m/1115/07/wheatoncollege.html)>
* Products that don’t contain nicotine (Chantix, Wellbutrinm, and Zyban)

Read inspiring stories about former smokers and their reasons for quitting at CDC's [Tips From Former Smokers](https://www.cdc.gov/tobacco/campaign/tips/) Web site (<https://www.cdc.gov/tobacco/campaign/tips/)>

[I'm Ready to Quit!](http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/?s_cid=OSH_tips_D9170) From the Centers for Disease Control and Prevention (CDC) links to many helpful resources (<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/?s_cid=OSH_tips_D9170>)

**Other Resources to Quit Smoking**

* Tobacco Free Campus:<http://tobaccofreecampus.org/cessation-and-treatment/>
* Rehab Spot: <https://www.rehabspot.com/drugs/stimulants/nicotine/>