

Smoking Cessation Resources

There are many things you can do to kick the smoking habit but it is important that you select a method that will work for you and your lifestyle. Below you will find a list of various smoking cessation options. Only you can decide what would work best for you. Regardless of the cessation method you select it is important to keep in mind that people who successfully quit smoking have identified the following actions as most beneficial in helping them kick the habit:

1. Set a “quit date” and mark it on a calendar
2. Develop a quit plan and talk with health providers about your plan
3. Anticipate and plan for smoking triggers
4. Remove cigarettes, lighters and ashtrays from your home, car and work
5. Tell family, friends, and co-workers that you plan to quit

Smoking Cessation Resources

Telephone Support Line

- **Illinois Tobacco Quitline**
1-866-QUIT-YES (1-866-784-8937)
Available 7am-7pm, Monday-Friday

Cessation Classes

Classes tend to follow the “Freedom from Smoking” program and are often facilitated by a healthcare professional. Class sessions usually last for 8 weeks (once/week). Fees may apply.

- **Dreyer Medical Clinic**
1877 West Downer Place, Aurora, IL 60506
Phone: 630-859-6898
- **Rush Copley Heart Institute**
2020 Ogden Ave., Aurora, IL 60504
Phone: 866-426-7539
- **Delnor-Community Hospital**
300 Randall Rd., Geneva, IL 60134
Phone: 630-208-3940

Online Support Services

- www.lungusa.org
Sponsored by the American Lung Association
- www.smokefree.gov
Sponsored by the National Cancer Institute
- www.quitnet.com
Operates in association with Boston University School of Public Health

*In addition to the above resources you may also visit the Wellness Center and/or Human Resource Department on campus for further information.