



Breathe Freely: Tools for Quitting

CSUB Services for Students:

- Student Health Services (SHS) physicians are available for smoking cessation visits. Treatments may include the use of medications—such as Wellbutrin—as medically appropriate. The prescription written can be filled at the SHS Pharmacy or another pharmacy of the student’s choice.
- The SHS Health Educator can offer one-on-one smoking cessation counseling—includes a discussion of cessations methods and answering of any questions.

CSUB Services for Student, Staff and Faculty:

- SHS Pharmacy can offer FDA approved nicotine-replacement therapy products for a minimal fee; these include: Nicoderm Patch, Nicorette Gum, Nicorette Lozenge, Nicotrol Inhaler and Nicotrol Nasal Spray. Please call the Pharmacy at 661-654-3304 for questions or pricing.
- SHS offers an 8-week Smoking Cessation Support Group (Behavior Changed Focused). Please call the front desk for upcoming dates.
- SHS Health Educator can provide presentations that include smoking-related materials. Presentation request forms can be found at: <https://www.csub.edu/healthcenter/healthpromotion/presentations/SHS-Presentation-Request-Form-1-19.pdf>

Mobile Apps

Apps offered by smokefree.gov can be found in app stores on your smartphones.

- **QuitGuide:** QuitGuide is a free app that helps you understand your smoking patterns and build the skills needed to become and stay smoke free.
- **quitSTART:** quitSTART is a free app made for teens who want to quit smoking, but adults can use it too. This app takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smoke free and live a healthier life.

For more information, contact CSUB Student Health Services at 661-654-2394