Smoking Cessation

ASU Health Services offers support and treatment for students who desire to quit cigarettes, tobacco, or vaping. You can work with one of our providers to:

- Craft a personal health assessment
- Develop a customized quit plan
- Begin treatment with medications, if appropriate, for cravings and withdrawal
- Arrange follow-up visits on a timeline that works for you.
- Connect to virtual and in-person behavioral resources

[ASU's tobacco policy](#)

[Information about tobacco use and quitting tips](#)

Additional Resources outside of ASU Health Services:

- The National Cancer Institute for phone coaching @ 877-44U-QUIT or live chat @ [https://livehelp.cancer.gov/app/chat/chat_launch](https://livehelp.cancer.gov/app/chat/chat_launch)
- Nicotine Anonymous (12-step meetings both local/live and online) @ [https://www.nicotine-anonymous.org/](https://www.nicotine-anonymous.org/)

Schedule your ASU Health Services appointment through your patient portal by clicking [here](#) or by calling 480-965-3349. We welcome the opportunity to be your Smoking Cessation Partner.