

Cessation Resources

As a tobacco-free campus this encompasses the use of all tobacco-derived or containing products, including but not limited to, cigarettes (clove, bidis, kreteks), electronic nicotine delivery systems or electronic smoking devices such as e-cigarettes, nicotine vaporizers, e-pipes, e-hookahs and e-cigars, cigars and cigarillos, hookah smoked products, pipes, oral and nasal tobacco (spit and spitless, smokeless, chew, snuff). It also includes any product intended to mimic tobacco products, contain tobacco flavoring, or deliver nicotine other than for the purpose of cessation. To assist our campus community with compliance to the Tobacco Free Campus policy, the following free resources are currently available for all employees, students, community members, and visitors:

National Resources

How to Stop Smoking

[An Online Education & Advocacy Guidebook](#)

Center for Disease Control (CDC)

[CDC Smoke Free website](#)

[Sign up for free texts](#)

[Speak with an expert](#)

American Lung Association

[American Lung Association website](#)

Ask an expert: 1-800-LUNGUSA

Learn more about the [Freedom from Smoking Program](#)

National Alliance for Tobacco Cessation

[National Alliance for Tobacco Cessation website](#)

Online support tools and free online Tobacco Cessation Program

National Cancer Institute

[National Cancer Institute website](#)

Talk with an expert: 1-800- CANCER (1-800-422-6237)

American Cancer Society

[American Cancer Society website](#)

American Heart Association

[American Heart Association website](#)

Tobacco Free Life

[Tobacco Free Life website](#)

State Resources

Ohio Tobacco Quit Line

[Tobacco Free Life website](#)

Ohio Tobacco Quit Line

[Ohio Tobacco Quit Line website](#)

Phone number: 1-800-QUIT-NOW (784-8669)

Ohio Department of Health

[Ohio Department of Health website](#)

Nicotine Anonymous

[Ohio Department of Health website](#)

Drug Rehab .com

[Nicotine Addiction web page](#)