

## Quitting Resources

There's no "best" way to quit tobacco. It takes most people a few tries to find out what works for them. Free nicotine gum and patches can help. Other people like getting supportive messages and tips during the day. If this is your first quit attempt, or your 15th, you have options to quit your way.

- Wellness and Counseling Center
  - Free counseling available to Snow College students
  - Group therapy sessions available
- The Utah Tobacco Quit Line
  - 1-(800)-Quit-Now
  - Information and online coaching
- Become an Ex Program
  - Customized plan, text support, etc.
  - [www.becomeanex.org](http://www.becomeanex.org)
- This is Quitting
  - Text DITCHVAPE to 88709
- Way to Quit
  - [www.waytoquit.org](http://www.waytoquit.org)
  - Free text and email support
  - Free patches or gum
- Smoke Free
  - [smokefree.gov](http://smokefree.gov)
  - quitSTART app
  - Has tools catered to different ages, genders, and even specialized pages for vaping

**We believe in you and are here to help!**

