

## Nicotine Cessation Program

# Thinking about quitting? Let's start the journey together.

**What's a nicotine cessation program?** It's a program designed to help you stop smoking, vaping, or using any nicotine or tobacco products.

**How does it work at UT Southwestern?** The journey to quitting isn't easy, and going it alone doesn't always work. We offer the support you need to reach your goal, including:

- One-on-one sessions with a certified tobacco treatment specialist who can help you manage your nicotine triggers
- Appointments with a doctor who can prescribe medicines to ease cravings and other withdrawal symptoms
- Support groups – for extra encouragement from those who understand the challenges of quitting\*

Together, we'll create a personalized plan that works best for you. Appointments are free; however, there may be a cost for medicines or nicotine replacements, if you choose to use those.

**How do I get started?** Take the first step toward better health. Call **833-722-6237** or email [NicotineCessationProgram@utsouthwestern.edu](mailto:NicotineCessationProgram@utsouthwestern.edu) to ask questions about our program or to schedule your first appointment. We're here to help.

\*All meetings and appointments are currently conducted virtually by video or phone. For more resources on nicotine cessation, including educational videos, visit [utswmed.org/NicotineCessation](https://utswmed.org/NicotineCessation).