



## Resources for Nicotine Cessation

### Services for MSU Students

- **MSU Health Promotion Services:** Offers a wide variety of health care services to MSU students year round, including discussing personal cessation goals and methods for quitting. Students can make an appointment in Health Promotion to talk about smoking and tobacco cessation interventions and options available. For more information, call (517) 353-4660.
- **MSU Counseling & Psychiatric Services (CAPS):** Individual or group counseling for all MSU students, addressing stress management, time management, personal relationships, anxiety, depression, personal loss, grief, eating disorder, career decisions. All services are confidential and free to all students and partners/spouses of students. Call CAPS at (517) 355-8270 or email [CAPS@msu.edu](mailto:CAPS@msu.edu) for more information.
- **Michigan Tobacco Quitline:** A free service that provides interested MSU students with a professional Quit Coach, a personalized quitting strategy and other resources to help you quit smoking. Call (800) QUIT-NOW (800-784-8669) to enroll or learn more.



## Services for MSU Faculty, Staff, Graduate Student Employees and Retirees

- **Breathe Easy:** A free tobacco and nicotine cessation program featuring behavioral support and medical evaluation. You will be offered a choice of medications to support you with your quit process, or you may choose to quit without using medication. MSU faculty, staff, graduate student employees, retirees and their adult benefits-eligible family members can participate in this program. Contact Health4U at (517) 353-2596 or [health4u@msu.edu](mailto:health4u@msu.edu) for more information.
- **MSU Employee Assistance Program:** The MSU EAP is a free, confidential counseling service available to MSU employees and their family members. The EAP provides emotional assistance to employees and their families as they work through any number of concerns, including tobacco cessation. The services are provided free of charge and confidential. For more information, contact the EAP at (517) 355-4506 or [eap@msu.edu](mailto:eap@msu.edu).
- **Health4U Coaching Services:** Meet one-on-one with a tobacco cessation specialist to support you through your quit process, assist you in coming up with an individualized plan that will work for you and learn what might be getting in your way of being tobacco free. Contact Health4U at (517) 353-2596 or [health4u@msu.edu](mailto:health4u@msu.edu) for more information.
- **MSU Health Insurance and Medication Coverage Plans:** Tobacco cessation services are covered for MSU employees by any recognized provider. In addition, cessation medications Chantix and Zyban are both covered at a significantly reduced cost. Nicotine replacement therapies are covered without cost to the employee for a four-month supply. Contact your insurance plan for more information:
  - Community Blue: (517) 322-4447 or [www.bcbsm.com](http://www.bcbsm.com)
  - Blue Care Network: (800) 482-5982
  - CVS Caremark (MSU's prescription drug plan): Contact MSU Human Resources at (517) 353-4434 or toll-free at (800) 353-4434, Ext. 0
- **CVS Caremark:** Caremark offers a range of resources to help MSU employees quit smoking. Visit their website to learn more: [CVS.com/quit-smoking](http://CVS.com/quit-smoking). Or you can call their Quit Hotline at (844) 265-4321 to get live help toll free.



Finally, they also offer tobacco cessation assessments and coaching through their MinuteClinic, the walk-in medical clinic inside select CVS pharmacies.

- **Quit the Nic:** Blue Care Network's free tobacco cessation program is available to all MSU employees who have chosen BCN as their health insurance plan. Includes a battery of tools to help you quit, including educational materials and ongoing telephone support. Call (800) 811-1764 to enroll.
- **Michigan Tobacco Quitline:** A free service that provides any interested MSU employees or spouses/partners of MSU employees with a professional Quit Coach, a personalized quitting strategy and other resources to help you quit smoking. Call (800) QUIT-NOW (800-784-8669) to enroll or to learn more.
- **Nicotine Anonymous Meeting on Campus:** Pulp Niction meets every Tuesday at 8 p.m. in the Engineering Building, Room 2320, 428 S. Shaw Lane, East Lansing.

### Other Local Resources

- **Nicotine Anonymous:** 12-step recovery model, adapted from the 12-steps and traditions of Alcoholics Anonymous. Weekly meetings are held each Monday at 6 p.m. in the Doctors Dining Room at the St. Lawrence Campus of Sparrow Hospital, 1210 W. Saginaw, Lansing, Michigan. Call Kathy at (517) 627-9606.
- **McLaren of Greater Lansing:** Offers several programs at their Greenlawn Campus, 407 West Greenlawn, Lansing, Merriman Building, Room 14:
  - Mini-Workshops: A one-hour program about how to quit smoking. Call to register at (517) 975-6400.
  - Private counseling: Available for a fee. Services provided by a certified cessation counselor. Contact: (517) 975-6653.
  - Healthy Lifestyle Coaching: Quit tobacco support and exercise routine assistance available. Contact: (517) 975-6653.
- **Greater Lansing African American Health Institute:** Smoking cessation counselors are available to provide smoking cessation counseling for members of the Greater Lansing African American community. Contact: (517) 492-0376.



- **Michigan Services for the Blind and Physically Handicapped:** An audio cassette of the Michigan Quit-Tobacco Kit is available free of charge to those that utilize the audio services of the state of Michigan. Call to order the audio or to register at (800) 992-9012.
- **Creative Wellness Holistic Health Center:** \$50 initial fee for half-hour quit smoking consultation and treatment; follow up visits \$25. Call (517) 351-9240 for more information.
- **Compass Rehabilitation Services (formerly The Spine Center):** Acupuncture has been used successfully to stop smoking. Acupuncture treatments address cravings, weight gain, irritability and restlessness; all symptoms that people commonly complain about when they quit. It also aids in relaxation and detoxification. Compass Rehabilitation Services is located at 250 E Saginaw St., East Lansing, MI 48823. You can find out more information at [mispinecenter.com](http://mispinecenter.com), or call (888) 712-6999.

### **Other Telephone Support and Internet Resources:**

- **American Lung Association of Michigan:** The American Lung Association has a national phone support system designed to help callers quit their tobacco addiction. Free service nationwide. Help is offered in 100+ languages and trained cessation counselors will support you with materials and scheduled phone calls that encourage and help you. Call (517) 484-4541 or (800) 586-4872.
- **American Cancer Society:** ACS provides information, resources and quit tobacco help. <http://www.cancer.org/>
- **American Lung Association of Michigan:** [www.lungusa.org](http://www.lungusa.org)
- **American Heart Association:** [www.americanheart.org](http://www.americanheart.org)
- **Asian Smokers Quitline:** <http://www.asiansmokersquitline.org/> The Asian Smokers' Quitline is a free nationwide Asian-language quit smoking service operated by the Moores Cancer Center at the University of California, San Diego. ASQ offers self-help materials, one-on-one telephone counseling to quit smoking and a free two-week starter kit of nicotine patches. ASQ services have been proven in clinical trials to double a smoker's chances of successfully quitting. Available in four languages: Cantonese and Mandarin at (800) 838-8917; Korean at (800) 556-5564; and Vietnamese at (800) 778-8440.



- **Become an Ex:** <http://www.becomeanex.org> Free Booklet, Talk to a Personal Coach, follow an online plan.
- **Central Michigan 211 - Call 211:** <http://www.centralmichigan211.org/clintoneatoningham.html> Agencies offering quit-tobacco support should list their services with Central Michigan 211.
- **Pfizer Inc.:** <http://www.mytimetoquit.com> Offers quit tips and an online video.
- **Smokefree.gov:** [www.smokefree.gov](http://www.smokefree.gov) Can help you or someone you care about quit smoking. The information and professional assistance available on this web site can help to walk you through the process of becoming tobacco-free, connect with resources in your community, and be a support person to others.
- **Tobacco Free Nurses:** <http://tobaccofreenurses.org>. Helping nurses and their patients to stop smoking.
- **Quit Net:** <http://www.quitnet.com> Quit Net offers cessation information and support chat rooms.

5.22.20