



Tobacco Cessation Resources

McKinley Health Center

1109 S. Lincoln Ave., Urbana

www.mckinley.uiuc.edu/general/tobacco_info.htm

- At McKinley Health Center you can make an appointment to talk to your health provider about smoking cessation. They can provide support, as well as medications to aid tobacco cessation (i.e. Zyban and the Nicotine Patch).
- If you are not interested in using medications as an aid, you may also visit with the Health Education Generalist at SportWell Center, a division of McKinley Health Center. Here you may experience one-on-one appointments or group support.
- To make an appointment:
 - McKinley Health Center at (217) 333-2700
 - SportWell Center at (217) 244-0261

Champaign-Urbana Public Health District

201 W. Kenyon Rd., Champaign

www.cuphd.org/stop-smoking.html

- The Public Health District of Champaign-Urbana offers several tobacco cessation programs, which start each month. Contact Nikki Hillier at (217) 531-2914 for more information.
 - **Thinking of Quitting**
www.cuphd.org/documents/blue_book-stop_smoking.pdf
Thinking of Quitting is a step-by-step research based program which helps you determine your readiness to quit. It is self paced and highlights the benefits of quitting.
 - **Ready to Quit Smoking**
www.cuphd.org/documents/red_book-stop_smoking.pdf
Ready to Quit Smoking is a step-by-step research based program that can be used once you have decided you would like to quit smoking. It is self paced and takes you through the quitting process.

Illinois Tobacco Quitline

www.quityes.org/

- The Illinois Tobacco Quitline website allows you to submit an online request to have a medical health professional call you to answer questions about tobacco cessation. It also provides information about the programs that are offered through calling the Quitline. These include assessing your needs, setting up a program, and weekly follow-ups for the first six weeks.
- 1-866-QuitYES (866-784-8937) 7 a.m. to 9 p.m., Monday through Friday

Centers for Disease Control and Prevention

www.cdc.gov/tobacco/quit_smoking/index.htm

- The Centers for Disease Control and Prevention provides the Surgeon General Reports, as well as links to cessation resources. Through their quitline, they provide additional support including free quit coaching, a free quit plan, free educational materials, and referrals to local resources.
- 1-800-QUIT-NOW (1-800-784-8669)
- TTY 1-800-332-8615

Smokefree.gov

www.smokefree.gov/

- Smokefree.gov provides free, accurate, evidence-based information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.

American Cancer Society

www.cancer.org - Use search box and type in "Guide to Quitting Smoking"

- The American Cancer Society provides a guide to quitting smoking, which includes information on why it is hard to quit, the benefits of quitting, types of assistance in cessation, and steps to quitting.

Freedom from Smoking Online

http://www.ffsonline.org/

- The American Lung Association provides their smoking cessation program, Freedom from Smoking, online for free.

If you are a registered University of Illinois student and you have questions or concerns, or need to make an appointment, please call: **Dial-A-Nurse at 333-2700**

If you are concerned about any difference in your treatment plan and the information in this handout, you are advised to contact your health care provider.

Visit the McKinley Health Center Web site at: **http://www.mckinley.uiuc.edu**