

Smoking and Tobacco Cessation Resources for Employees

A variety of WU benefit programs and local resources are available to assist with smoking and tobacco cessation. They include:

Blue Cross and Blue Shield of Kansas

for WU Enrollees

www.bcbsks.com

785-291-4180 (in Topeka)

1-800-432-3990 (toll-free)

1-800-430-1270 (for hearing impaired customers)

Employee Assistance Program through UNUM

Resources available for benefit eligible WU employees and dependents

www.lifebalance.net (User ID and password: lifebalance)

1-800-854-1446

1-877-858-2147 (Spanish)

1-800-999-3004 (TTY/TDD)

WU Employee Wellness

<http://www.washburn.edu/campus-life/recreation-wellness/employee-wellness/index.html>

785-670-1314

WU Anxiety Clinic

Henderson 111

1700 SW College Ave.

Topeka, KS 66621

785-670-1750

<http://www.washburn.edu/academics/college-schools/arts-sciences/departments/psychology/graduate-degree/psychological-clinic/anxiety/index.html>

Services: Provides counseling services specifically targeted to Anxiety Disorders. Offers flexible hours and sessions are \$10.

Washburn University's Student Health and Counseling Services

Morgan Hall 140

1700 SW College Ave.

Topeka, KS 66621

785-670-1470

<http://www.washburn.edu/current-students/services/counseling/>

<http://www.washburn.edu/current-students/services/health-services/index.html>

New Dawn Wellness & Recovery Center Smoking Cessation Class

4015 SW 21st Street
Topeka, KS 66604-3413
785-266-0202

<http://newdawnrecovery.org/>

<http://newdawnrecovery.org/smoke-cessation/3018110>

Tom Bartlett Psy.D,

3649 SW Burlingame Rd.
Suite 100

Topeka, Kansas 66611

(785) 260-2747

<http://shadowwoodclinicalassociates.com/>

Provides hypnosis for smoking cessation. Accepts most major medical insurance.

Online Resources:

Tips From Former Smokers

<http://www.cdc.gov/tobacco/campaign/tips/>

This CDC campaign web site lets you view the ads, learn more about the people featured and their health conditions, and access quit-smoking resources.

1-800-QUIT-NOW (1-877-448-7848)

1-855-DÉJELO-YA (1-855-335-3569) (en Español)

<https://smokefree.gov/talk-to-an-expert>

A free, phone-based service with educational materials, coaches, a quit plan, and referrals to local resources to help you quit tobacco use.

BeTobaccoFree.gov

<http://betobaccofree.hhs.gov/quit-now/index.html>

This U.S. Department of Health & Human Services (HHS) Web site provides one-stop access to tobacco-related information, including information on quitting tobacco use, from its various agencies.

smokefree.gov

<https://smokefree.gov/>

<https://espanol.smokefree.gov/> (en Español)

A web site which provides free, accurate information and assistance to help you quit smoking and stay tobacco-free.

SmokefreeTXT

<http://teen.smokefree.gov/smokefreeTXT.aspx>

A mobile text message program that provides 24/7 tips, advice, and encouragement.

Smokefree Smartphone Apps

<https://smokefree.gov/apps-quitstart>

Smokefree smartphone applications that help you track your quit smoking progress, receive motivational reminders, and more through smokefree.gov.

Quit Tobacco—Make Everyone Proud

<https://www.ucanquit2.org/>

A U.S. Department of Defense sponsored web site for military personnel and their families.

Help for Smokers and Other Tobacco Users

[http://www.ahrq.gov/professionals/clinicians-providers/guidelines-](http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/tearsheets/helpsmokers.html)

[recommendations/tobacco/clinicians/tearsheets/helpsmokers.html](http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/tearsheets/helpsmokers.html)

An easy-to-read guide to quitting tobacco use from the U.S. Department of Health & Human Services.

Treating Tobacco Use and Dependence: 2008 Update—Overview

[http://www.ahrq.gov/professionals/clinicians-providers/guidelines-](http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/presentations/2008update-overview/index.html)

[recommendations/tobacco/clinicians/presentations/2008update-overview/index.html](http://www.ahrq.gov/professionals/clinicians-providers/guidelines-recommendations/tobacco/clinicians/presentations/2008update-overview/index.html)

Consumer materials to help tobacco users become tobacco-free from the Agency for Healthcare Research and Quality.

FDA 101: Smoking Cessation Products

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm198176.htm>

Identifies FDA-approved products that can help you quit smoking.

Harms of Smoking and Benefits of Quitting

<http://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/cessation-fact-sheet>

A fact sheet from the National Cancer Institute that summarizes the harmful effects of smoking and short- and long-term benefits of quitting.

American Cancer Society

<http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/index>

Guide to quitting smoking.

American Heart Association

[http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/Quit-](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp)

[Smoking_UCM_001085_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/Quit-Smoking_UCM_001085_SubHomePage.jsp)

Information and support to help you quit smoking.

American Lung Association

<http://www.lung.org/stop-smoking/i-want-to-quit/how-to-quit-smoking.html>

Resources to help smokers figure out their reasons for quitting and then take the big step of quitting for good.