

## **Smoking and Tobacco Cessation Resources for Students**

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

### **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/>

Counseling Services: As a college counseling center, our services are focused on short-term counseling options in order to help students perform their best academically. Referrals for longer-term services or specialized services are provided as needed. Counseling Services are free for all registered students. (Bring your WU Student ID card.)

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

Student Health Services: All Washburn University students are eligible to visit Student Health Services free-of-charge with a valid WU ID. No appointment is necessary with the exception of pre-participation physicals and well woman exams. The last walk-in appointment is accepted 30 minutes prior to closing. There is a fee for laboratory testing (including PAP), X-rays, immunizations, TB testing and prescription medications.

### **Washburn University 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.

### **Kansas Lawyers Assistance Program (KALAP)**

515 S Kansas Ave. #202 Topeka KS 66603  
785-368-8275

[kalap@kscourts.org](mailto:kalap@kscourts.org)

Services: KALAP works to provide support for law students. They will pay for four therapy/counseling sessions with a provider from their contracted list. (A client does not have to have a documented mental health diagnosis to use these services as they understand that law school can be a stressful time in a person's life.) They will provide referrals for drug and alcohol

assessments, offer a mentor program in which they pair a law student with a lawyer in the community as a social support and they have support groups, including one through Skype.

### **New Dawn Wellness & Recovery Center**

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

<http://newdawnrecovery.org/>

Services: New Dawn provides drug and alcohol assessments, individual and group counseling and referrals. They accept most major insurances and have a sliding fee scale for those paying out of pocket. They also have a smoking cessation class. <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/>

Services: Individual, couples and family therapy and also 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-DEJELO-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-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-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/QuitSmoking\\_UCM\\_001085\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/QuitSmoking_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>

<http://www.kanquit.org/>

<https://www.quitnow.net/kansas/>

[http://www.kssmokefree.org/quitting\\_help.html](http://www.kssmokefree.org/quitting_help.html)

<http://www.lungusa2.org/cessation2/statedetail.php?stateId=20>

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