

Smoking Cessation Resources in NJ



NJ Quitline 1-866-NJ-STOPS (1-866-657-8677)

Free, multilingual, and confidential telephone counseling with a trained Quit Coach available to all NJ residents who want to quit smoking/vaping. Free 2-week supply of nicotine replacement patches available to eligible callers.

www.njquitline.org

On line resources provide information about the NJ Quitline, self-help materials, the cost of smoking calculator, and an easy click to quit registration for the NJ Quitline.

Tobaccofreenj.com

A clearinghouse of New Jersey tobacco control information and resources related to quitting smoking, professional training, adult and youth consumer education and creating smoke free air policies.

dontgetvapedin.com

A website that addresses the risks of e-cigarettes and other vaping devices. The site provides accurate information, along with links to other online resources for youth and young adults who may be considering use of these products.

Moms Quit Connection/MQC for Families

momsquit.com or call 1-888-545-5191

MQC for Families is an expansion of Mom's Quit Connection, which has enjoyed great success over the past seventeen years. The program offers free in-person and telephone smoking cessation to pregnant and postpartum women, moms, dads, and caregivers of young children who want to quit smoking and eliminate second hand smoke from their home. Specially trained Quit Coaches provide ongoing and nonjudgmental support and assist smokers in creating an individualized cessation plan. Visit www.momsquit.com to sign up and learn more.



Educational Workshops

Ask, Advise, Refer: Brief Intervention Training

This free, onsite training will assist providers and professionals in quickly and effectively implementing a dialog about tobacco use among their patients. Providers will gain information on the integration of the brief intervention model into existing office routine, patient resources, and fax-to-quit referral forms for Mom's Quit Connection (MQC) and the NJ Quitline. One CEU Social Work, Nursing, or CHES credit is available upon completion.

The New Generation of Tobacco Addiction - Customized time available. This workshop provides factual information to professionals and parents on e-cigarettes and a brief introduction to hookah as both products continue to gain more popularity in youth and young adults. The presentation will include resources and materials for distribution.

SMOKING CESSATION/PREVENTION WORKSHOPS

We provide community and professional group education. All workshops are free and can be tailored to your organization's specific needs.

Tobacco 101 – 1 hour. This workshop will cover general information about smoking, including: tobacco control and policy, health and economic impact of smoking, the dangers of secondhand and thirdhand smoke exposure and electronic nicotine delivery systems (ENDS).

Smoking and Pregnancy - 1 hour. This workshop will cover general information about smoking, but also the impact of smoking on maternal and child health.

Youth Smoking Prevention - 45 minutes. This workshop will cover general information about smoking, electronic nicotine delivery systems (ENDS), hookah and the health and economic impacts.

Getting Ready to Quit – 1 hour. This workshop covers the fundamentals of getting started with quitting smoking. This workshop also includes information on cessation resources and education on nicotine replacement therapies.

To Vape or Not To Vape? - 45 minutes. An interactive discussion for youth and young adults that unveils the truth about using e-cigarettes. This workshop also includes information on whether or not e-cigarettes should be used as a smoking cessation device, ingredients in e-liquid, preventing battery explosions, marketing ads copying big tobacco playbook, FDA regulations and state policies.

For More information email: tobaccofreenj@snjpc.org or visit www.tobaccofreenj.com



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