

Vaping Cessation Options

Whatever your reason for cutting back, we can help.

Free Health Coaching

The Office of Wellness and Health Promotion provides free, confidential Cessation coaching to discuss strategies, triggers, behavior changes, and Nicotine Replacement options.

Call (781) 891-2600 or stop in to Callahan, 2nd fl.

Health Center

Make an appointment with a medical provider to discuss options including Nicotine Replacement Therapy (NRT)

Call (781) 891-2222 or stop in at Rhodes Hall

Other Resources:

Call 1-800-QUIT-NOW to speak with a trained coach

Text DITCHJUUL to 88709 to get free confidential support

Download the quitSTART app for tips and inspiration

Go Online teen.smokefree.gov/quit-vaping

Check Your Health Insurance provider for resources too

Office Of Wellness and Health Promotion
www.bentley.edu/wellness

 [bentley_health](https://www.instagram.com/bentley_health)

