We Can Help!

The University understands that giving up smoking can be difficult, and it is committed to provide resources for students, faculty and staff in this journey. The following campus and community resources are available for employees:

### INDIVIDUAL ASSISTANCE: Faculty & Staff Assistance Program (FSAP)

- Providing individual counseling
- Offering educational resources regarding tobacco use
- Making the appropriate referrals

### GROUP ASSISTANCE: HealthyU Employee Wellness Program

Eight sessions over a seven week period. Times and locations scheduled by request as groups are formed.

**Topics covered:**
1. Thinking About Quitting
2. On the Road to Freedom
3. Wanting to Quit
4. Quit Day
5. Winning Strategies
6. The New You
7. Staying Off
8. Celebrate Quitting

The *ideal* group size is between 6-10 people.

Cost: $25 Wellness Dollars/person and includes eight 1-hour sessions, a workbook and a relaxation CD. Contact wellness@udel.edu or call 831-8388 for more information.

### FREE programs to help you quit:

- Delaware Quitline **1-866-409-1858**
- Quit for Life, DelaWELL **1-866-674-9103** or [https://delawell.alerehealth.com](https://delawell.alerehealth.com)

Programs from your health insurance provider:
- Aetna [www.aetna.com](http://www.aetna.com) OR
- Highmark [http://discoverhighmark.com](http://discoverhighmark.com)