



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



Human Resources
FACULTY & STAFF ASSISTANCE PROGRAM

300 Hullihen Hall
Newark, DE 19713

302-831-2414
www.udel.edu/fsap
Monday-Friday: 8 a.m.-4:30 p.m.

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	4. Quit Day	7. Staying Off
2. On the Road to Freedom	5. Winning Strategies	8. Celebrate Quitting
3. Wanting to Quit	6. The New You	

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.



124 Carpenter Sports Bldg.
Newark, DE 19716

302-831-8853
www.udel.edu/wellness
Monday-Friday: 8 a.m.-4:30 p.m.

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>

Programs from your health insurance provider:

Aetna www.aetna.com OR Highmark <http://discoverhighmark.com>