

# “It took me 23 tries, but I quit.”

Kicking nicotine addiction works better  
when you’ve got a little help.

Institute for  
Prevention  
and Recovery

RWJBarnabas  
HEALTH

Let's be healthy together.

TOBACCO FREE FOR A HEALTHY NJ  
QUIT CENTER

\*Funded by the New Jersey Department of Health



**If you've been thinking of quitting smoking or vaping,  
there's no time like the present.**

On average, people are four times more likely to quit smoking or vaping when participating in a structured program than attempting to quit on their own. It's important to have a plan, and some help.

The RWJBarnabas Health Institute for Prevention and Recovery offers FREE tobacco and nicotine treatment services, which include working with a Certified Tobacco Treatment Specialist and free nicotine replacement therapies including patches, gum and lozenges (no insurance required).

Our Certified Tobacco Treatment Specialists continue to provide services while practicing safe social distancing. Treatment sessions are currently being conducted via phone and web, with virtual group/individual counseling and delivery of nicotine replacement therapies via mail.

**Request a Free Consultation**

or call us at [833-795-QUIT](tel:833-795-QUIT) to learn more.

## Spanish-Speaking Treatment Groups



### **Grupos de Apoyo de Habla Hispana para La Recuperación de la Nicotina y El Tabaco**

El Instituto RWJBarnabas Health para la Prevención y la Recuperación está ofreciendo nuevas reuniones de grupos de apoyo para los residentes de habla hispana de Nueva Jersey que buscan ayuda para dejar el tabaco y / o el uso de cigarrillos electrónicos. Los grupos son facilitados por especialistas en tratamiento capacitados y bilingües, y son gratuitos.

Nuestros servicios de recuperación de nicotina y tabaco son administrados por profesionales certificados que proveen tratamiento bajo las pautas de servicio de salud pública. Este es un programa GRATUITO, incluyendo terapias gratis de reemplazo de nicotina, como parches de nicotina, chicles y pastillas (no se requiere seguro).

**Contáctenos hoy para aprender más:**

**(833) 795-QUIT**

[quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org)

[rwjbh.org/nicotinerecovery](http://rwjbh.org/nicotinerecovery)

## Weekly Virtual Support Groups



The Nicotine and Tobacco Recovery meetings are designed to help people stay quit and offer a resource for those who are starting or thinking about beginning their quit journey. Led by a Certified Tobacco Treatment Specialist, each group will focus on topics and strategies for dealing with triggers and relapse prevention. Join us for free, regardless of where you are with your journey towards nicotine and tobacco recovery!

### **Mondays**

**7:00pm - 7:45pm ET**

Zoom Link

Meeting ID: 985 9718 6060

Password: smokefree (all lower case)

One tap mobile: +13126266799,,98597186060#

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