



UC is tobacco, smoke and vape free!

As of May 2017, smoking and tobacco use (including chewing tobacco and electronic cigarettes, is prohibited by students, staff, faculty, visitors, vendors, and contractors at all times in or on University of Cincinnati Properties, including events on university property during non-school hours, including but not limited to the following: all facilities owned or leased by the University of Cincinnati as well as the grounds of any property owned or leased by the university.

Learn More

Please remember that UC's commitment to a tobacco free university must be supported and embraced by all who live, work and visit our university. To learn about Tobacco Free UC's history, explore cessation resources, and FAQs visit the webpage or scan the QR code.



Questions?

Email: tobaccofree@uc.edu

Web: <http://bit.ly/tobaccofreeuc>



Get Support

Quitting or reducing tobacco use can be hard and is different for each person. Cessation resources are available for students, faculty and staff along their quit journey.

Faculty and Staff Resources

Anthem Medical Plan

- www.anthem.com offers a variety of resources and support.
- Call 888-249-3820 (24/7 Nurse Line)

Impact Solutions,

Employee Assistance Program

- Visit Impact Solutions' portal at <https://bit.ly/uc-benefits-eap>. Call 1-800-227-6007.
- Articles, videos, 1:1 counseling, TESS Chatbot, and more available!

Be Well UC,

Employee Wellness Program

- Provides referrals, resources and information. Explore the Virgin Pulse portal and earn wellness dollars for self-paced Journeys, tracking habits, etc.



Student Resources

Counseling and Psychological Services (CAPS)

- Find out more about CAPS and their offerings by calling 513-556-0648.

Student Wellness Center

- Provides referrals, resources and information.
- Bearcats Recovery Community is a program designed to support UC students in or seeking recovery from alcohol, drugs and other addictions.

University Health Services (UHS)

- UHS provides nicotine replacement therapy (NRT).
- Visit their website for more details or call 513-556-2564.

Local and National Resources

Community and Group Resources

- Explore various program and options available in the community, like Smoking Cessation Resources from the Christ Hospital and the American Lung Association.

Telephonic Resources

- QuitLogix's quitline: Call 1-800-QUIT-NOW (784-8669)
- Smokefree.gov offers free text messaging programs that give 24/7 encouragement, advice, and tips for becoming smokefree and being healthier.

Educational Material and Resources

- Learn more about the educational materials from American Cancer Society, the Ohio Department of Health and more!