

Smoke-free GCU

In March 2019, Georgian Court University was awarded a 2-year grant to develop a tobacco-free and smoke-free campus. This grant was awarded by the New Jersey Prevention Network (NJPN) for the NJ Colleges & Universities Implementing Tobacco and Smoke-free Policies Project (NJ CUIITS). Funding for the NJ CUIITS project was made possible by the NJ Department of Health.

Listed below is information and resources for individuals interested in quitting smoking and/or vaping.



Information about Quitting

- [Electronic Smoking Devices](#)
- [7000 Chemicals Found in Cigarettes](#)
- [Triggers-Lighting Up On Auto-Pilot](#)
- [Being Around Other Smokers](#)
- [How to Deal with Nicotine Withdrawal](#)
- [Deal with Stress as a Non-Smoker](#)

- [Relax Without Lighting Up](#)
- [Strategies to Beat Boredom While Quitting Smoking](#)
- [Stop Smoking Medications at a Glance Chart](#)
- [Turn a Relapse into Something Positive](#)

Resources for Quitting:

- The [Rutgers Tobacco Dependence Program](#) is dedicated to reducing the harm to health caused by tobacco use. The TDP particularly aims to provide expertise on quitting smoking for those who need it most. We do this through education, treatment, research and advocacy.
- [NJ Quitline](#) is a free telephone-counseling service for smokers who are ready to stop. Call today (1-866-NJSTOPS) and speak with your own quit coach. No matter which quit method you choose the Quitline can more than double your chances for success.
- The [RWJ Barnabas Health Institute for Prevention and Recovery \(IFPR\) Quit Center](#) is a resource for those thinking of quitting tobacco or nicotine products. The Quit Center will help you establish a realistic quit date and your Certified Tobacco Treatment Specialist will provide multiple pathways and support during your quit experience. Evidence based treatment is provided using individual and/or group sessions as well as free Nicotine Replacement Therapy (NRT).