



UNM

Student Health & Counseling (SHAC)



Tobacco Cessation: How SHAC can help!

Medical Services:

- Discuss techniques to quit smoking (and other forms of tobacco)
- Get resources and materials
- Get referrals to support groups
- Review over-the-counter and prescription options

Pharmacy:

- Purchase over-the-counter options: Nicotine Patches and other nicotine replacement products
- Fill prescriptions

Counseling Services:

- Support techniques to assist w/ smoking cessation
- Help w/ relaxation techniques & stress management

Phone: 505-277-3136 | Website: <http://shac.unm.edu/>