



Center for Student Health & Counseling
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Tobacco Cessation Option for Students

Meet with a SHAC Medical Doctor, Physician Assistant, or Family Nurse Practitioner

There is no standard plan for everyone, the program is customizable to fit your needs and where you are at in your life. You will typically have one more appointment after the initial to see how you are progressing. The goal is to give you the support you need with the freedom to move within a plan that you have co-designed.

Stop Smoking with Acupuncture

Acupuncture treatment has been clinically proven to be extremely effective in helping people to quit smoking, and is useful in treating the full range of addictions and addictive behaviors. Acupuncture treatments work to adjust cravings, restlessness, jitters, and irritability; all symptoms that many people experience as their bodies detox from nicotine.

By working to promote relaxation, balance your body's brain chemistry, and heal the damage caused by smoking, acupuncture can provide the support you need in achieving optimal health. Treatments are uniquely designed and take all of your symptoms into account in order to meet your individual needs. You can find more information at pdx.edu/shac/acupuncture.

Quit for Life Program through Pacific Source

Quitting tobacco is like learning to ride a bicycle. Nobody does it perfectly the first time, and it's easier with someone there to help you. Many people try to quit several times before they finally succeed.

PacificSource understands the difficulty of quitting tobacco and is pleased to offer the award-winning Alere Wellbeing Quit For Life[®] Program. There is no cost to participate in the program, and PacificSource covers unlimited quit attempts. The program provides you with ongoing support throughout the process. Quit For Life has helped thousands of people take control of their lives and their health by quitting tobacco.

Learn more about the Quit for Life Program at pacificsource.com/member/tobacco-cessation/

It isn't necessary to see your doctor in order to enroll in Quit For Life. Doctor visits for tobacco cessation may or may not be covered under your plan. Please call Customer Service to verify your benefit. To enroll, simply call Quit For Life toll-free at (866) QUIT-4-LIFE (784-8454) or enroll online at www.quitnow.net. After you enroll, program materials will be sent directly to your home. A Quit Coach is available to serve your needs 24 hours a day, seven days a week. If you have questions about your PacificSource coverage, contact PacificSource Customer Service at (541) 684-5582 or toll-free (888) 977-9299.

Oregon Tobacco Quit Line

The quit line is available to everyone and offers free help and a personalized quit plan, which includes a quit kit and a counseling session. To get started call the toll-free number 877.270.7867. You will be asked a few questions to find out what your needs are so you can get the right help for you. You can also get information sent to you in the mail, a counseling session, or a referral to resources in your community. You can find out more about the Oregon Tobacco Quit Line at <https://www.oregon.gov/oha/PH/PreventionWellness/TobaccoPrevention/GetHelpQuitting/Pages/oregonquitline.aspx>

Asian Smokers Quit Line

The Asian Smokers Quit is a free nationwide Asian-language quit smoking service operated by the Moores Cancer Center at the University of California, San Diego. The Quitline offers self-help materials, referral to local programs, one-one-one telephone counseling to quit smoking and a free two-week starter kit of nicotine patches. You can find more information at asiansmokersquitline.org