Vanderbilt Nicotine Treatment Program

A proven way to help you quit tobacco and nicotine use

Struggling to quit smoking, vaping or dipping? Ask about the Vanderbilt Nicotine Treatment Program. Here are some of its benefits:

- Treats the underlying cause of addiction—nicotine
- A six-week program, with follow-up sessions offered for up to a year
- Convenient virtual support groups led by nurses certified by the Association for the Treatment of Tobacco Use and Dependence
- Topics include coping with urges, problem solving, handling slips and relapses, and building healthy habits
- Includes prescribed medication, such as nicotine replacement patches and gum

Provided by your employer.