

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.

