

Smoking cessation resources for employees:

TRG has an EAP resources for all employees --THRIVEeap. It offers Tobacco Cessation programs that include:

- Personalized support based on your level of “readiness to quit”.
- Strategies to help you deal with concerns about quitting.
- Stress management strategies.
- Tips for preventing weight gain.
- One on one telephone coaching sessions.
- Ongoing relapse prevention support.

THRIVEeap will offer more personalized support for all TRG employees in connecting you to local smoking cessation education groups.

On-line Self Help:

1. 802Quits http://802quits.org/abtesting/?utm_expId=65378674-1.X6ukEyXFR9aGhB3QmYjP-A.1&utm_referrer=https%3A%2F%2Fwww.google.com%2F
2. American Cancer Society <http://www.cancer.org/healthy/stayawayfromtobacco/guidetoquittingsmoking/guide-to-quitting-smoking-toc>

802quits.org offers many ways to help you to your goal of being smoke free.

- In person help – helps you find a local Vermont quit partner to assist you with advice and support.
- Help by phone – 800-Quit now (800)784-8669 to get connected to a phone coach.
- Support on line – Connects you with former smokers and others trying to quit, plus on-line resources for information, tips and tools to help increase your chances of successfully quitting.
- Quit on your own – 802quits.org has created a checklist of things you can do to prepare yourself for your quit.

Local cessation groups for each branch:

1. Brattleboro Memorial Hospital <http://www.bmhvt.org/services/respiratory-care/tobacco-cessation-program-at-bmh>

2. Rutland Regional Medical Center <http://www.rrmc.org/about/vermont-blueprint-for-health/community-health-team/smoking-cessation/>
3. Bellows Falls & Ludlow <http://www.springfieldhospital.org/SupportGroups/tabid/113/Default.aspx>
4. Bennington <http://svhealthcare.org/calendar/blueprint-classes/freshstart-tobacco-cessation-class/>
5. Norwich <http://www.mtascutneyhospital.org/community-services/tobacco-cessation-program>
And – http://cancer.dartmouth.edu/lung_thoracic/smoking_cessation_clinic.html
6. Williston <https://www.uvmhealth.org/medcenter/Pages/Wellness-Resources/Classes-and-Events/Tobacco-Cessation.aspx>
7. Keene http://www.cheshire-med.com/health_wellness/cheshire_coalition_tobacco_free.html