



We can help you quit smoking.

Personalized treatment is now offered.

- Text messaging support
- Nicotine Replacement Therapy
- Available in English and Spanish

All services are free of cost.

Get started today by emailing
Bassett's Quit Center Liaison:
melinda.robinson@bassett.org

Or

To speak with a tobacco specialist,
call 585-504-9461



Office of Community Outreach
and Engagement

THE QUIT CENTER

As part of a new collaboration with the University of Rochester Medical Center, anyone living in Chenango, Delaware, Herkimer, Madison, Oneida, Otsego or Schoharie Counties is eligible to participate in a **FREE** smoking cessation program, hosted by URMIC.

The Quit Center at Wilmot Cancer Institute is a **FREE** 6 months Smoking Cessation Program for cigarette smokers (not vape or e-cigarettes), age 21 years and older, living in the Bassett / Wilmot catchment area, that want to quit smoking.

Counseling over the phone with a Tobacco Treatment Specialist includes:

1 - Baseline assessment call that can last up to 60 minutes to create a quit plan, including setting a quit date, discuss previous quit attempts, smoking patterns and triggers, and sending Nicotine Replacement Therapy.

2 - A follow up phone call to check receipt of Nicotine Replacement order, and make sure participant is ready for their quit date.

3 - Follow up call(s) to see how participant is doing. NOTE: Participant can always call if they need anything before follow up calls.

In addition to phone calls, participants will receive 12 weeks of Nicotine Replacement Therapy such as patches, gum or lozenges (participant's choice) shipped to their home, and 6 months of text message support and encouragement.

Don't Wait, Act Today!!!

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