

# Are you ready to quit using tobacco?

## Health Services and Counseling can help.

The Health Services medical staff will meet with any student interested in quitting to determine the best approach. The staff can provide medical and non-medical treatment options.

Just stop by Health Services in Tillinghast during normal business hours to be seen on a walk-in basis or call 508.531.1252 to schedule an appointment to be seen.

The medical staff provides follow up and support after the appointment to see how the student is progressing.

Free and confidential short term counseling is available from the Counseling Center. Just call 508.531.1331 to schedule an appointment.