

# Nicotine and Tobacco Recovery Services

*Don't do it alone.*

## **Nicotine is a powerful, highly-addictive drug.**

On average, people try to quit smoking five to seven times before they successfully quit for good.

The Institute for Prevention and Recovery has helped thousands of people to overcome their addiction to nicotine. Our nicotine and tobacco recovery services are staffed with certified professionals who provide treatment under the Public Health Service Guidelines.

Scientific research shows that individuals are four times more likely to quit using tobacco when participating in a structured program as compared to attempting to quit on their own.

Services are provided to individuals of all ages in Essex, Mercer, Middlesex, Monmouth, Ocean, Union and Somerset counties.

**This is a FREE program, including free nicotine replacement therapies such as nicotine patches, gum and lozenges (no insurance required).**

Contact us for a confidential assessment:  
**833-795-QUIT or [quitcenter@rwjbh.org](mailto:quitcenter@rwjbh.org)**

[rwjbh.org/nicotinerecovery](http://rwjbh.org/nicotinerecovery)



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## The Institute for Prevention and Recovery's nicotine and tobacco recovery services will help:

- Establish a realistic quit date and provide support and guidance throughout each individual's quit experience.
- Provide information and individualized recommendations on the utilization of prescription and non-prescription smoking medication including Zyban; Chantix; and the nicotine patch, gum, lozenge, inhaler and nasal spray.
- Connect individuals with one-on-one or group sessions that accommodate their schedule.
- Identify effective tools to reduce withdrawal symptoms.
- Understand the impact of e-cigarettes, electronic nicotine delivery systems and vaping.
- Offer informational presentations in the community or workplaces about how staff and others can utilize our services.

**Institute for  
Prevention  
and Recovery**

**RWJBarnabas  
HEALTH**

Let's be healthy together.