



Resource Guide for Addressing Nicotine Use and Stress

New York State-Specific Resources

New York State Smokers' Quitline (NYSSQL)

<https://www.nysmokefree.com>

<https://www.nysmokefree.com/StayQuit/Stress>

The NYSSQL is a service of the New York State Department of Health Tobacco Control Program and based at Roswell Park Comprehensive Cancer Center in Buffalo, N.Y. It is a free and confidential program providing evidence-based services to New York State residents who want to stop vaping, smoking, or using other forms of tobacco. For more information about our free services, including our Learn2QuitNY text program, Quit Coach Chat and healthcare professional resources, call 1-866-NY-QUITS (1-866-697-8487) or visit [nysmokefree.com](https://www.nysmokefree.com).

Center for Health Systems Improvement

<https://tobaccofreeny.org>

<https://tobaccofreeny.org/index.php/tud-report>

The Center for Health Systems Improvement (HSI) for a Tobacco-Free New York project promotes within health systems the routine assessment and evidence-based treatment of tobacco use at every clinical encounter. The HSI is funded by the New York State Department of Health Bureau of Tobacco Control's larger Health Systems Improvement for a Tobacco-Free New York project, which also funds nine Regional Contractors. The HSI also works on the Statewide-level to promote a policy environment that supports the increased availability and coverage of evidence-based treatments.

New York City Department of Health and Mental Hygiene (NYCDOHMH)

<https://www.nyc.gov/site/doh/providers/health-topics/smoking-and-tobacco-use.page>

<https://www.nyc.gov/site/doh/covid/covid-19-mental-health.page>

NYCDOHMH covers the five boroughs of NYC as one of the largest public health agencies in the world, with more than 200 years of leadership in the field. NYCDOHMH protects and promotes the health of 8 million New Yorkers.

New York State Office of Mental Health

<https://omh.ny.gov>

New York State has a large, multi-faceted mental health system that serves more than 700,000 individuals each year. The Office of Mental Health (OMH) operates psychiatric centers across the State. OMH also regulates, certifies and oversees more than 4,500 programs, operated by local governments and nonprofit agencies. Their mission is to promote the mental health of all New Yorkers, with a particular focus on providing hope and recovery for adults with serious mental illness and children with serious emotional disturbances.



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National Resources Specific to Nicotine and Stress

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/tobacco/index.htm>

<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/7-common-withdrawal-symptoms/>

The CDC is the nation's leading science-based, data-driven, service organization that protects the public's health.

Truth Initiative

<https://truthinitiative.org/mental-health-and-nicotine-resources>

<https://www.thetruth.com/breathofstressair>

Truth Initiative is America's largest nonprofit public health organization committed to making tobacco use and nicotine addiction a thing of the past. Truth Initiative is behind the nationally recognized youth smoking, vaping and nicotine public education **truth**[®] campaign. The latest **truth**[®] campaign effort, "Breath of Stress Air," explores the link between vaping nicotine and mental health.

This is Quitting

<https://truthinitiative.org/thisisquitting>

Young people ages 13-24 can join *This is Quitting* for FREE support to help them quit vaping. By texting DROPTHEVAPE to 88709, young people can anonymously enroll in the text message program and receive daily messages from a team of tobacco cessation experts and young people who have gone through the same experience.

The Substance Abuse and Mental Health Services Administration

https://store.samhsa.gov/?search_api_fulltext=stress

The Substance Abuse and Mental Health Services Administration (SAMHSA) is the agency within the U.S. Department of Health and Human Services (HHS) that leads public health efforts to advance the behavioral health of the nation and to improve the lives of individuals living with mental and substance use disorders, and their families.

Smokefree.gov

<https://smokefree.gov/challenges-when-quitting/stress>

The National Cancer Institute (NCI) created Smokefree.gov to help people quit smoking. Smokefree.gov is a part of the U.S. Department of Health and Human Services' efforts to reduce smoking rates in the United States, particularly among certain populations. The specific website above helps people to better understand the connection between stress and smoking, and help them plan ahead to find better ways to deal with stress while quitting and after.

Council for Tobacco Treatment Training Programs

<https://ctttp.org/accredited-programs/>

Participate in an accredited training program near you to become a Tobacco Treatment Specialist.



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National Resources on Stress and Overall Well-Being*

Centers for Disease Control and Prevention

<https://www.cdc.gov/mentalhealth/stress-coping/cope-with-stress/>

Learning to cope with stress in a healthy way will help you, the people you care about, and those around you become more resilient.

Greater Good Science Center

<https://ggsc.berkeley.edu>

This website includes evidence-based resources about how to include positivity, happiness, and wellbeing into one's daily life. It focuses on neurobiological practices and includes tools such as trainings/education, newsletters, podcasts, and more.

VIA Institute on Character

<https://www.viacharacter.org>

This is a free, quick, and research-based survey to identify and apply one's character strengths: "the key to you being your best self." This resource allows people to understand themselves as per what matters to them, values-wise.

eXHALeR App

<https://xhalr.com/>

This is a very simple website that can assist people with learning how to focus on calming down through breathing.

Happify

<https://happify.com>

Tips and tricks to stay calm, de-stress, move toward wellness, etc. Based in neurobiology tenets, the information is presented via short article or quick video. Users can sign up for daily emails or use the app, which has tailored activities/games to help with stress.

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