

## **Smoking-cessation services offered on campus**

From 1 January 2019, both smoking and the use of tobacco products will be prohibited on the property of the Faculty of Medicine and Health Sciences (FMHS) of Stellenbosch University (Tygerberg Campus).

The FMHS has taken this step in the interest of everyone who lives, works and studies on campus, as well as those who visit the property. Smoking is incredibly harmful and affects the physical and mental wellbeing of both smokers and non-smokers. We'd like everyone to breathe fresh, clean air on our campus and to be change agents for a healthier South Africa.

The FMHS does, however, acknowledge that smoking and the use of tobacco products are highly addictive, and that smokers may find it difficult to quit smoking or to get through the day without smoking or using another tobacco/nicotine product.

For this reason, the FMHS is giving students and staff members free access to appropriate smoking-cessation services. We've made funding available to support staff and students who would like to stop smoking, and smoking-cessation resources are already available through Campus Health Services on a first-come-first-served basis.

### **What kind of support is available?**

Campus Health Services now offer a wide range of smoking and tobacco-cessation options for students and staff.

If you contact Campus Health Services today and ask them to help you quit smoking, the following process will kick in:

1. You'll be assessed for your readiness to quit.
2. Your dependence levels will be checked. A Fagerström Test for Nicotine Dependence will be done, and you'll be asked about your current smoking habits, your history of quit attempts, and your social stressors.
3. Campus Health Services will help you to set a quit date and will arrange for appropriate support in the form of counselling.
4. Medication and/or nicotine replacement therapy may be prescribed. These can be claimed through your medical aid. These medications will also be made available free of charge on a first-come-first-served basis to those who don't have access to medical aid funding.
5. A follow-up appointment will be made. During this appointment, you'll be assessed for withdrawal symptoms and medication side effects. Your mood and psychosocial stressors will be evaluated and your potential for relapse assessed. Once again, you'll receive the appropriate support.

### **Additional support**

In addition to the assistance offered by Campus Health Services, smokers who would like to quit – or who are already in the process of quitting – can also make use of the following free services:

- The National Council Against Smoking's Quitline: 011 720 3145
- The Cancer Association of South Africa's (CANSA) Call Centre: 0800 22 66 22
- The CANSA eKick Butt Programme: [www.ekickbutt.org.za](http://www.ekickbutt.org.za)

### **Ready to quit?**

Visit Tygerberg Campus Health Services for an assessment, counselling and access to smoking-

cessation tools. Campus Health Services are situated on the 2<sup>nd</sup> floor of the Tygerberg Student Centre. Alternatively, call +27 21 938 9590 to book an appointment. Let's do this together; let's be tobacco free!