



Notification for School Staff:

Schools CARE about Youth Smoking

Studies show that youth prefer smoking cessation interventions that are quick, easy & anonymous. The Smokers' Helpline Website is a great way for youth to access help with quitting.

Refer a Student to the Smokers' Helpline Website
www.smokershelp.net

Young people can chat with a Smokers' Helpline counselor online at www.smokershelp.net OR be referred for private E-Counseling through the Schools CARE Program.

The referral takes less than one minute and students can complete the referral on their own or with the help of a teacher, school counselor, nurse, parent or other adult.

Five simple steps of the **Schools CARE Program**:

1. Visit www.smokershelp.net
2. Click on the *Contact Us* page
3. Click on the *Schools' CARE* Button
4. Complete the pop-up box with student's name, email address, etc.
5. Click "*Send*". It's that simple!

The individual will then receive personalized emails from a Smokers' Helpline counselor with tips on how to set up a plan to quit smoking.