

Motivational Interviewing for Nicotine Dependence – MINDonline

Quitting smoking/vaping is the best thing you could do for your health. Even if you are not ready to quit today, we are here to help!



- 8 sessions of 1-on-1 counseling over 4 weeks; each session is 30 min long, and is 100% online
- \$20 for the first session and a chance to win a \$200 Amazon gift card at sessions 2-8.
- You develop a personalized quit smoking plan together with your Doctor-In-Training and a supervising physician
- If you are interested, you may receive medications or nicotine replacement to help you quit

The Motivational Interviewing for Nicotine Dependence – MIND Online support program was created to help you reach your goals.

Eligibility Criteria:

- NY resident
- Over 18 years old
- Smokes cigarettes / cigars, uses chewing tobacco, or vapes nicotine
- Has internet access
- Has an email address
- Has active insurance (sessions are billed as psychotherapy – copays and deductibles apply)

SCAN THIS QR CODE TO SIGN UP NOW!



SIGN UP TODAY by e-mailing your name and phone number to: meszaroz@upstate.edu

