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Smoking cessation is now available for your students at the UNM School-Based Health Centers!!

Computers Helping Adolescents TALK Tobacco (CHATT) is a free, fun, interactive, individualized computer-based program that consists of four short sessions in which the student will learn the basics of how to quit smoking. CHATT also targets chewing tobacco.

- Session 1: Gather baseline data of smoking history
- Session 2: Provide students with feedback on their smoking
- Session 3: Develop strategies for quitting
- Session 4: Conclusion and Evaluation

Please refer your students to SBHC to schedule appointments
RGHS: 873-4577 • HHS: 256-3363 • AHS: 244-1330

For additional information contact the UNM-SBHC at your school, or the project managers:

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