

Mass General Cancer Center Smokefree Support Service

The Mass General Cancer Center Smokefree Support Service (MGH SSS) provides free, phone-based, one-on-one quit-smoking counseling for all Mass General Cancer Center patients. Our certified tobacco treatment counselors will help you set and reach your own health goals—whether that is cutting back how much you smoke, quitting completely, or staying smoke-free after quitting.

You can do it. You do not have to do it alone. We can help!

Reasons to Quit After A Cancer Diagnosis

Quitting smoking:

- may help those diagnosed with cancer to live longer
- lessens symptoms related to chemotherapy
- lowers risk of infection following surgery

Ask your treatment team about the benefits of quitting smoking and the risks of continued smoking for your specific cancer and treatment plan.

What to expect

Most of our counseling sessions are held over the phone at a scheduled time that is convenient for you. We can also meet with you during your treatment visits if you choose. The number of calls or visits can range based on your needs. We will support you with:

- skills and tools to help you cope with cravings
- identifying and avoiding smoking triggers
- managing and reducing stress
- ways to access affordable or no-cost quit-smoking medications

Our counseling is patient-centered and personalized to your specific needs, stage of diagnosis, and treatment.

Getting Involved

Provider Referrals

All patients identified as tobacco users upon visiting the Cancer Center are referred to our service.

Self-Referrals

You may request a referral from your treatment team to speak with a tobacco treatment counselor at any time.

You can also reach out directly at mghccsmokefree@partners.org