HCC’s Student Assistance Program (SAP) offers resources tailored to student life, providing you with the right tools to help you through some of life's toughest challenges.

DID YOU KNOW?

HCC’s SAP Has Great Tobacco Cessation Information ONLINE!!!

Resources include…

- Strategies for Quitting
- Quizzes and Assessments
- A 55 Day-by-Day Guide
- Videos on Kicking the Habit
- And Much More…

REMEMBER-you can always call us directly for 24/7 Telephonic Support

HOW TO ACCESS ONLINE SERVICES:

Step 1. In the address bar of your internet browser, please enter:  www.ccwsap.com
Step 2. If this is your first time using the online services, select “New Members Register Here”.
Step 3. Use “Hillsborough Community College” as the school name and continue with the registration process.
Step 4. Please make sure you check the “Privacy Policy and Terms and Conditions” box.
Step 5. Under “Browse Topics” click on “Vices” and select “Smoking”.

HILLSBOROUGH Community College

855-384-1800 or 904-384-1800
24-HOUR HELPLINE