Sending Tobacco Use Up in Smoke

Belief: Smoking helps my nerves.
FACT: Smoking stops “nicotine withdrawal,” that jittery or nervous feeling you get when you don’t smoke.

Belief: I’ve smoked all my life. The damage is already done.
FACT: As soon as you stop smoking, your body starts to heal. The longer you stay quit, the more your body will recover.

Belief: I can’t quit. I’ve tried before.
FACT: Quitting takes practice. Most people try at least six times before they succeed— alone or with help from others. You can do it!

Belief: I’m trying to get clean and sober right now. I can’t change too much at once.
FACT: Research shows that you are more likely to get/stay clean and sober if your treatment addresses alcohol, other drugs, and tobacco—all at the same time.

Belief: Smoking helps my symptoms.
FACT: Research shows that nicotine might help your concentration and mood. However, you can get that from “the patch,” gum, or other nicotine-replacement therapies (NRTs).

Perhaps the Time to Start Stopping is Now.

Ask someone here for more information.

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