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: 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).

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!

Perhaps the Time to Start Stopping is Now.
Ask your service provider for more information.

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