

Counseling Services TIPS

Ways to Quit Smoking

AOD Coalition



The evidence that tobacco is the cause of a long list of nasty diseases is irrefutable. Around 400,000 American's die each year due to tobacco related illnesses.

Counseling Services



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Ways to Quit Smoking

1. Set a date for quitting, if possible have a friend quit with you.
2. Get rid of ALL your cigarettes, and put away ALL your ashtrays.
3. Ask a doctor for nicotine gum or patch.
4. Drink lots of water or try chewing gum.
5. Begin an exercise program.
6. Write down all the benefits of quitting.
7. Learn what makes you want a cigarette.

Reasons to Quit

- My breath will smell better than my dog's.
- My teeth will be whiter.
- I'll have more money.
- I'll cough less.
- I'll be around to see my grandchildren.
- I'M READY!