

Quitting smoking is an important part of recovery.

We can help you succeed.



You can do it. We can help.

Call the Virginia Tobacco Quitline at **1-800-784-8669** or visit **QuitNow.net/Virginia**.

You'll receive:

- Free, confidential one-on-one counseling from highly trained Quit Coaches
- A personalized plan with a quit date
- Follow-up help and encouragement
- Support through web, phone, and text
- Free Nicotine Replacement Therapy such as patches or gum for clients 18 and older (while supplies last)

What else can help?

- Ask your counselor for help quitting
- Set a quit date
- Remember that continuing to smoke or use tobacco can impact your long term recovery
- Seek out people who don't smoke and spend your social time in a healthy atmosphere with supportive people
- Reward yourself with tobacco-free treats each step of the way (24 hrs, 1 week, etc.)
- Talk to a coach about quit tools now and see what will work best for you

When you quit smoking, you feel better. You recover better.

Though you may feel it's easier to wait to treat your tobacco addiction, quitting smoking now will improve your health and help support your recovery. **You can do it.** Your counselor, doctors, and the Virginia Tobacco Quitline are here to provide the support you need to succeed.

More good news for those who quit.

People who quit tobacco have:

- ↓ Less depression, anxiety, and stress
- ↓ Less chance of relapsing to previous other substances
- ↓ A reduction in the risk of heart disease, stroke, and cancer

DID YOU KNOW? Nearly half of tobacco-related deaths are people with behavioral health conditions. That's why the Virginia Tobacco Quitline is making it easier to get help via phone, web, and text.

Quit Now
Virginia

Tobacco User Quitline

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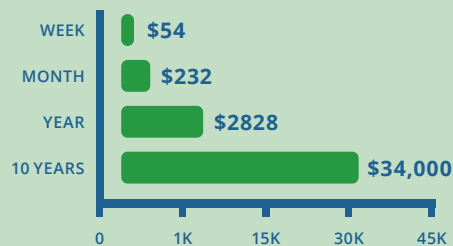
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It's never too late to quit smoking

Don't let smoking be a drag on your wallet, health, and recovery.

Save your money.

A pack of cigarettes costs about \$6.45. If you quit today you could save...



Protect your health.

Smoking causes disease in nearly every organ in your body. When you smoke, you risk getting:

- Cancers
- Stroke
- Blindness
- Gum disease
- Erectile Dysfunction
- Heart disease
- Diabetes

Source:
The Health Consequences of Smoking - 50 Years of Progress. A Report of the Surgeon General.

Help your recovery.

Stopping smoking has been shown to improve mental health. It's also been proved to increase your likelihood of abstaining from alcohol, drugs, and other addictive substances. Your quality of life will improve along with your health and outlook.

DID YOU KNOW?: Nicotine Replacement Therapy, like patches and gum, can help with the discomfort of withdrawal symptoms such as irritability, difficulty sleeping, feeling down, intense cravings, headaches, and weight gain.

It doesn't take long to feel the difference.

48 HOURS Sense of taste and smell improve

2-3 WEEKS Better improved blood flow, walking becomes easier, and lungs work better

9 MONTHS Decrease in coughing and shortness of breath

1 YEAR Risk of coronary heart disease is cut in half

5 YEARS Risk of stroke will be similar to someone who has never smoked

