



**YOU CAN QUIT.
WE CAN HELP.**

Tobacco Use — Why Deal With It Now?

“I have made many attempts to quit smoking over the years, driven by the conviction that I did not get saved from one addiction only to die of another ... I have promised myself that I will attempt to quit ... and ask all of you in recovery who still smoke to consider joining me. We have so much to live for.”

– Michael Botticelli, Director of the White House Office of National Drug Control Policy

IF I TRY TO QUIT TOBACCO NOW, WON'T THAT GET IN THE WAY OF MY TREATMENT?

- We used to think that treating tobacco use would prevent recovery and could even harm mental health.
- Now we know it can be **helpful to quit tobacco as part of alcohol and drug abuse treatment**. Quitting smoking can improve substance abuse treatment and improve mental health.
- In fact, being tobacco-free improves mental health and reduces depression. And studies have shown good outcomes when people were offered treatment for tobacco use at the same time as for other drug use.

WHAT IS VERMONT DOING?

- To provide the best setting for recovery, treatment centers in Vermont are going tobacco-free. This will create more spaces where tobacco smoke won't cause cravings or add stress to recovery.
- Most centers will also offer approved quitting medicine like the patch/gum and counseling to support those who are trying to quit.
- You can always call **1-800-QUIT-NOW (1-800-784-8669)** or visit **802Quits.org** to learn more about 802Quits, the free quit-smoking help offered to Vermonters.
- With 802Quits you can choose to get help either in-person from a local quit partner, over the phone, or online. Most people can get free medicine called Nicotine Replacement Therapy which doubles your chance of quitting for good.

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