



**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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