

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:
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!

Belief:
I’m trying to get clean and sober right now. I can’t change too much at once.

FACT: Research shows that you are more likely to get/stay clean and sober if your treatment addresses alcohol, other drugs, and tobacco—all at the same time.

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).



*Perhaps the
Time to Start
Stopping is Now.*

*Ask your service provider
for more information.*

This poster was produced by the Center for Evidence-Based Practices at Case Western Reserve University with support from the Ohio Departments of Health and Mental Health.

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