

# Quitting Smoking or Tobacco Use

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## Recognizing Dangerous Situations:

- Alcohol use during the first month after quitting
- Being around smoke or someone who smokes
- Times situation routinely smoked
- Triggers-car, breaks, coffee, when awakening, social events

## Coping Skills:

- Learning new ways to manage stress
- Exercising
- Relaxation breathing
- Change routines
- Distraction techniques

## Websites:

**Smoke-Free** – offers free text messages and an app to help you quit. Info includes eating and mood issues that may come with quitting. There is a Live Helpline to talk to an expert. Go to **smokefree.gov**



**Become an Ex-Smoker** – the free EX Plan is based on scientific research and useful advice from ex-smokers. It isn't just about quitting smoking. It's about re-learning life without cigarettes using a 3-step program. Go to **becomeanex.org**

**Centers for Disease Control** – offer many suggestions for helping you quit. Includes a Quit Guide and real-life stories. There are sections for specific groups such as LGBT, military, different ethnic groups, and pregnant women. Go to **cdc.gov/tobacco/campaign/tips**

## Other Resources:

**Ohio Tobacco Quit Line** – call 1-800-QUIT-NOW or 1-800-784-8669.

**United Way 2-1-1** – to find local programs and resources. Call 211 or go to 211.org.

**University Hospitals Tobacco Cessation Program** – call 216-844-2568.

**American Lung Association** – offers classes for quitting smoking. Some places may charge a fee. For a list of classes, go to lung.org or call 1-800-LUNG-USA.

**Some things to think about:**

- ✓ The health benefits of quitting smoking can help most of the major parts of your body.
- ✓ There is no safe amount of cigarette smoke. Quitting smoking can add years to your life.
- ✓ When you quit, you'll also protect your loved ones from dangerous secondhand smoke.
- ✓ Make a plan, join a support group, and talk to your physician to assist in quitting smoking.