There is no “RIGHT WAY” to quit smoking. It can take MULTIPLE ATTEMPTS to quit completely. Every attempt counts.

SMOKING CESSATION COUNSELING improves the chance of quitting.

START WITH SMALL STEPS

✔ SET A QUIT DATE. It can be any day of the month. Choosing a date a couple weeks away will give you time to prepare.

✔ DO NOT BUY LARGE QUANTITIES of cigarettes or other tobacco products. Instead, buy one pack at a time so you run out on your quit date.

✔ PREPARE YOUR SPACES by throwing away ash trays and lighters and cleaning your car’s interior.

✔ IDENTIFY WHAT TRIGGERS YOUR URGE TO SMOKE so that you can avoid those triggers while trying to quit.

✔ THINK OF HEALTHY WAYS TO DISTRACT YOURSELF from tobacco cravings. Consider chewing bubble gum, going for a walk, meditating or anything else that takes your mind off smoking.

✔ TELL SOMEONE YOU’RE GOING TO STOP SMOKING and what day you’re going to quit so they can help you stay accountable.

THREE CESSATION STRATEGIES

1. “COLD TURKEY”
   - Completely quitting all tobacco and nicotine-containing products at the same time
   - While some people succeed using this method, many do not, which is why prescription medications and nicotine replacement therapy were developed

2. NICOTINE REPLACEMENT THERAPY (NRT)
   - A pharmaceutical product that delivers measured doses of nicotine
   - Comes in five forms: gum, patch, lozenge, nasal spray or inhaler
   - Can increase chance of success by about 50%
   - Most successful when a longer-acting form of NRT (like the patch) is combined with a shorter-acting form (like gum)

3. PRESCRIPTION MEDICATIONS
   - Two prescription medications are FDA approved for smoking cessation treatment: varenicline (Chantix®) and bupropion (Zyban® and Wellbutrin®)
   - Varenicline and bupropion are safe to use for people with mental illness

QUIT LINES
- 1-800-QUIT-NOW
- 1-877-44U-QUIT

WEB SITES
- Betobaccofree.gov
- Smokefree.gov

NO-COST RESOURCES

TALKING TO YOUR DOCTOR ABOUT CESSATION

✔ Tell your doctor, “I want to quit smoking and I want your help.”

✔ Explain your quit history.

✔ Ask questions about quitting and how your doctor can help.

✔ Speak honestly about your experience and desire to quit.

✔ Schedule a follow-up appointment to help you stay accountable.

✔ Discuss how your medications may change when you quit.

✔ Remember, this is a two-way conversation.

Data from CDC, FDA and other select sources. Find citations for this resource at nami.org/smokingstats