

We are here to help every step along the way. From beginning to think about quitting to being ready to stop, here are ways your provider can help:

- Offer support, encouragement, accountability
- Answer questions about smoking and quitting
- Prescribe nicotine replacement products (patches, gum, lozenges) and medication (Chantix, Wellbutrin) that can help you quit
- Refer you to an acupuncturist
- Introduce you to an integrated behavioral health provider

## How a behavioral health provider can help:

- Check in with you during your primary care appointments
- Provide telephone check-ins and support
- Offer individual counseling for tobacco cessation and other mental health issues that can affect tobacco use
- Help you figure out your triggers and techniques for quitting
- Work with you to come up with a plan for cutting down
- Provide suggestions and tips for cutting down and quitting
- Offer referrals to resources in the community
- Provide education
- Collaborate with your provider as needed

## Resources

- Primary care provider:  
\_\_\_\_\_  
(541)682-3550
- Behavioral Health Provider:  
\_\_\_\_\_  
(541)682-\_\_\_\_\_
- Quit Line: 1.800.QUIT.NOW (1.800.784.8669) or [www.quitnow.net/oregon](http://www.quitnow.net/oregon)

### Websites:

- [www.cancer.org/healthy/stayawayfromtobacco](http://www.cancer.org/healthy/stayawayfromtobacco)
- [www.ffsonline.org](http://www.ffsonline.org)
- [www.BeTobaccoFree.gov](http://www.BeTobaccoFree.gov)
- [www.smokefree.gov](http://www.smokefree.gov)
- <http://smokefree.gov/smokefreetxt>

### Free phone apps on either iTunes or Google:

- Smoke Free
- QuitGuide
- quitSTART



Community Health Centers of  
Lane County  
[www.lanecounty.org/chc](http://www.lanecounty.org/chc)

# Thinking about quitting?



# We can help

## Why quit?

- Your body will start to heal right away
- More energy and focus
- Feel more physically fit
- Whiter teeth and healthier gums
- Cough less and breathe easier
- Lower risk of cancer, heart attack, stroke, emphysema, chronic bronchitis, and cataracts
- Reduce risk of fertility problems, premature births, and lower birthweight babies
- No longer expose family and friends to second hand smoke

## What are YOUR reasons for wanting to quit?

- 1.
- 2.
- 3.
- 4.

## Understanding why and when you want to smoke can help you cut down.

### Check off your triggers and add your own:

- Waking up
- Drinking coffee, tea, or alcohol
- Smelling a cigarette
- Others smoking
- Seeing someone smoke
- Taking a break
- Talking on the phone
- Waiting for the bus
- Checking email or using internet
- Watching TV
- Driving
- After eating
- After sex
- Feeling stressed
- Feeling depressed or lonely
- Boredom
- Feeling angry, irritable or impatient
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## Prepare for triggers by thinking of ways you can deal with them:

- Call a support person or the Quit Line.
- Take a deep breath.
- Keep hands busy (writing, doodling, stress ball, crafts, silly putty).
- Put something else in your mouth like a toothpick, cinnamon stick, sugar-free lollipops or gum, celery, carrots.
- Go places where smoking isn't allowed like a library or a restaurant.
- Hang out with people who don't smoke
- Replace alcohol with other drinks like seltzer, tea, water.
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## Other ways to prepare for quitting:

- Tell friends and family you are quitting so they can be ready to support you.
- Be clear with your support system about what kind of help you would like. Let them know that shaming and lecturing is not helpful but positive support and encouragement is.
- Identify people in your life who you can call if you have a craving:
  1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
- Remove all cigarettes and related items like lighters, ashtrays, etc. from your house and car
- Detail your car.
- Have the supplies needed to deal with your triggers (healthy snacks and beverages, things to keep your hands busy, items to help relax or distract you like soothing music, books).
- Hang up motivational reminders (photos of family members, something you will buy with money saved).