

I AM TRYING TO RECOVER FROM DRUG OR ALCOHOL ADDICTION. WHAT SHOULD I DO ABOUT MY SMOKING?

DO OTHER PEOPLE WORRY ABOUT THIS?

Yes, you are not alone! The smoking rate for those addicted to other substances is 2-3 times higher than the rest of the population. The majority of tobacco users want to quit, over half try to quit each year.

IS IT OK TO TRY TO STOP SMOKING IN EARLY RECOVERY?

Yes, quitting smoking can actually help you with your overall recover. Those in drug treatment who quit using tobacco are more likely to stay substance-free than those who keep smoking.

IS IT OK TO WAIT TO QUIT SMOKING UNTIL I FEEL MORE SOLID IN MY RECOVERY?

Yes, quitting is a personal decision. For some, quitting smoking while stopping other substances can feel overwhelming. Whenever you are ready – go for it! You can succeed even if you have mixed feelings about quitting tobacco.

WHY DOES QUITTING SMOKING MATTER?

Smoking harms nearly every organ in your body and negatively impacts your overall health and well-being.

Addictions can thrive in the company of other addictions. Your success quitting other substances improves your ability to quit smoking.

WHERE CAN I GET HELP QUITTING SMOKING?

Talk to your provider, counselor, or other trusted ally.

The Maine QuitLink provides free, confidential help, connect at **1-800-QUIT-NOW** and **MaineQuitLink.com** for support, including coaching and quit medications.

