

Make a quit plan

The Tobacco Treatment Specialists can help you develop your quit plan.

1. Pick a quit date - This is the day you will stop smoking completely.
2. Use your past experience - Think about the times you tried to quit in the past.
 - ❑ What helped you?
 - ❑ What caused you to start smoking again?
 - ❑ What could you do differently?
3. Know your triggers - Triggers are certain times, places, people, or feelings that make you want to smoke.
 - ❑ What triggers you to smoke?
 - ❑ How will you beat the trigger?
4. Plan for cravings - Withdrawal symptoms are strongest the first 3 or 4 weeks after you quit.
 - ❑ Talk to your providers about taking medicines to help you with these symptoms.
 - ❑ Get your medicines before your quit date and learn how to use them.
5. Be ready for challenges – Think ahead about how you will handle challenges such as, stress, negative thoughts, and being around other smokers in your life.

Set your plan in motion!

The four D's to ease cravings

1. Delay - Wait out the urge to smoke. It will pass in a few minutes.
2. Deep Breathing - Breathe in slowly and as deeply as you can, and then breathe out slowly. Repeat this 5 times.
3. Drink Water - Sip the water slowly and hold it in your mouth a little while.
4. Distract - Do something that takes your mind off of smoking for a few minutes.



Quitting smoking will:

- ❑ Improve the quality of your life
- ❑ Make climbing stairs easier
- ❑ Lower your risk of diabetes
- ❑ Help wounds to heal more quickly
- ❑ Reduce the amount needed of some medications, including some psychiatric medications
- ❑ Improve the health of your family and friends
- ❑ Set a good example for your children
- ❑ Save you money
- ❑ Provide more employment options

Smoking Cessation Resource Guide



Become tobacco-free today!

Quitting smoking can be hard, but there are ways to make it easier.

Using quit-smoking medicines and counseling support can make you *more than twice as likely* to quit for good!

Department of Psychiatry
University of Massachusetts Medical School
UMass Memorial Health Care

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How do I talk with my providers about becoming tobacco-free?

Many people don't know what to ask or where to start. Here are some tips to make the conversation a little bit easier.

- ❑ Write down questions you have for your providers regarding quitting smoking.
- ❑ Think about your past quit attempts and why you think they did not work.
- ❑ Tell your providers you are ready to quit and why.
- ❑ Pick a quit date and share that date with your providers.
- ❑ Talk to your providers about a quit plan, including which medicine or medicine combinations may be right for you.
- ❑ Talk to your providers about a referral to our Tobacco Treatment Specialists.

FDA approved quit smoking medicines:

Medication	Availability
Nicotine Patch*	Over-the-Counter
Nicotine Gum*	Over-the-Counter
Nicotine Lozenge*	Over-the-Counter
Nicotine Inhaler	Prescription
Nicotine Nasal Spray	Prescription
Zyban	Prescription
Chantix	Prescription

* May require a prescription to be covered by health insurance.

How do I find out what kind of benefits I have?

Many health insurance plans help cover the cost of counseling support and medicines to help you quit smoking. Some health plans cover more than others. To find out what kind of benefits you have, call the customer information phone number listed on the back of your health plan card.

Quit smoking mobile apps:

Please check your plan, message and data rates may apply. Visit the websites below for more information and to sign up.



- ❑ Text2Quit
www.text2quit.com
- ❑ Smokefree TXT
www.smokefree.gov/smokefreetxt/
- ❑ MyQuit Coach
www.livestrong.com/quit-smoking-app/

Websites with helpful quit smoking information:

- ❑ Make Smoking History
www.makesmokinghistory.org
- ❑ Quit Net
www.quitnet.com
- ❑ Become An Ex
www.becomeanex.org

Call these resources to help you become tobacco-free today!

Free Phone Counseling and Support:

1-800-Quit-Now (1-800-784-8669)

Quit Tips Line: 1-800-943-8284

Counseling and Support:

UMASS Memorial Medical Center
Ambulatory Psychiatry Services
328 Shrewsbury Street, Worcester

Call either 508-334-5393 or
508-334-3452 to schedule an
appointment.

Most health insurance is accepted.

Our Tobacco Treatment Specialists:

- ❑ Greg Seward
- ❑ Sun Kim
- ❑ Nicole Day

Website: www.umassmed.edu/TCS

Education and Support Meetings:

Genesis Club
508-831-0100
Services are available to club members.

Nicotine Anonymous
www.nicotine-anonymous.org
Internet, telephone and in-person
meetings are open to all.