


Having Trouble Decreasing Tobacco Use?



**Did
You
Know** 

You'll have the best
chance at success by
using a combination of
medications + coaching.²



People who complete a tobacco dependence treatment program are **5x** more likely to quit in **3 months** than those who try alone.¹

Counseling + Medication = Most Success



NRT

(Nicotine Replacement Therapy)

- Patch
- Gum
- Lozenge
- Nasal spray
- Inhaler



Prescription Medications

- Zyban® (Bupropion sustained release)
- Chantix® (Varenicline)



Counseling

- Mental health and SUD providers
- Group counseling
- Individual counseling
- Coaching through MN Quit Partner
- Telephone support
- Text messaging
- Online services

Talk to your provider about what combination of medications and counseling is right for you!

It is normal to attempt quitting multiple times.

Don't give up!

Lung Mind
Alliance

Your counselor or other health care provider is here to support you. Ask them for assistance quitting tobacco.

Tobacco in this document refers specifically to the use of manufactured commercial tobacco products, and not to the sacred, medicinal, and traditional use of tobacco by American Indians and other groups.

References:

1. Baker, Amanda & Richmond, Robyn & Halle, Melanie & Lewin, Terry & Carr, Vaughan & Taylor, Rachel & Jansons, Sylvia & Wilhelm, Kay. (2006). A Randomized Controlled Trial of a Smoking Cessation Intervention Among People With a Psychotic Disorder. *The American journal of psychiatry*, 163, 1934-42. 10.1176/appi.ajp.163.11.1934.
2. Centers for Disease Control and Prevention (2020). How To Quit. Centers for Disease Control and Prevention, accessed April 22, 2020, https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm