

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Quitting Tobacco During Recovery from Other Substances

If you are in recovery from substances, such as alcohol or opioids, you should be proud that you have taken steps to be a healthier you!

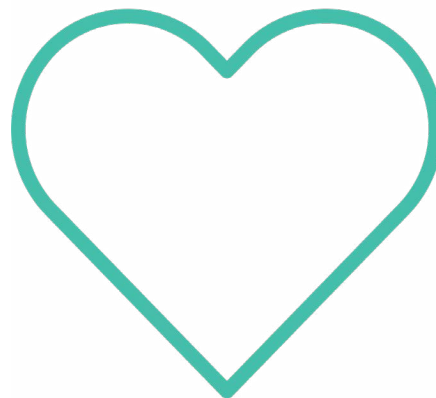
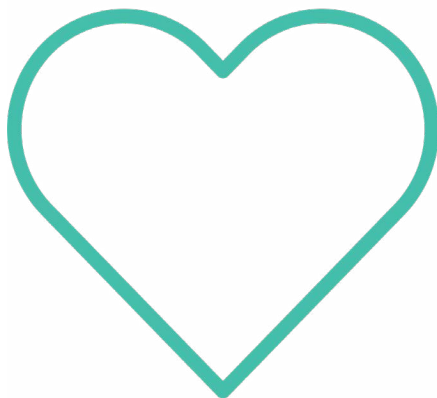
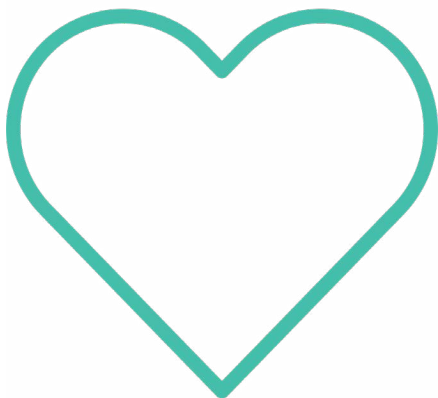
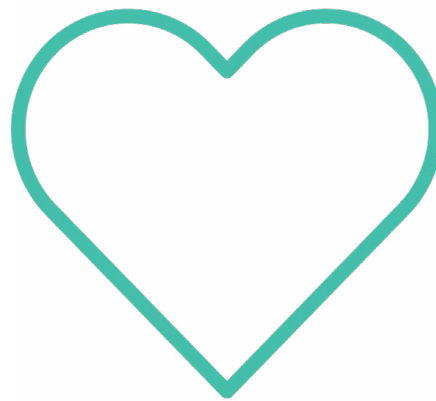
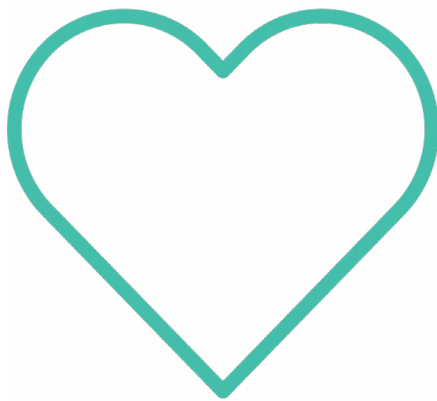
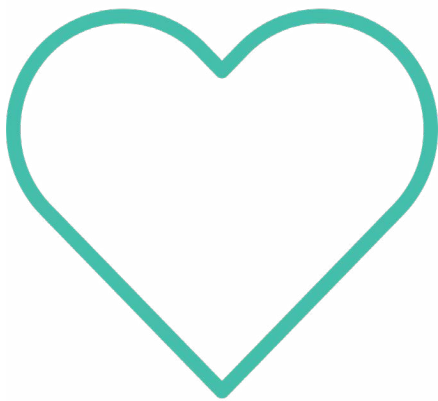
Many people who misuse alcohol or drugs may see smoking as a healthier habit. However, smoking is a harmful habit. About half of people with substance use disorder will die from a health issue related to using tobacco. A healthier option is to make a plan to quit as soon as possible.

**Talk to your recovery doctor if you are ready to quit smoking.**

Quitting smoking and your recovery from other substances should work together, so you don't risk a relapse.



Use the hearts below to fill in your goals for recovery and quitting smoking. You can write your goals or draw pictures.



**Breathe**  
Healthy Steps to  
Living Tobacco Free



If you're ready to quit, call Quit Now Indiana at  
1-800-QUIT-NOW (1-800-784-8669)  
or log on to [equitnow.com](http://equitnow.com) for free, personalized support.