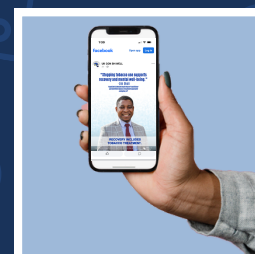
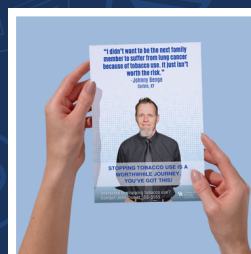


Free Customized Media Resources



BH WELL offers free customized media resources, specifically designed for behavioral health organizations and their clients, to help educate communities about tobacco treatment.

- Customized with your organization's contact information and logo
- High-quality design
- Select from 10 evidence-based messages
- Various media formats available to fit your specific needs
 - Billboard
 - Postcard
 - Poster
 - Newspaper ad
 - Social media
 - Radio ad



College of
Nursing
Behavioral Health Wellness
Environment for Living and Learning

<https://bhwel.uky.edu/>

"It's okay if you're not able to stop using tobacco the first time you try. You have to keep trying. I did and it's worth it."

-Mary McLevain
Owensboro, KY



**STOPPING TOBACCO USE IS A
WORTHWHILE JOURNEY. YOU'VE GOT THIS!**

Interested in stopping tobacco use?
Contact John Doe at 555-5555



"It took several attempts but I stopped using tobacco. I am proud of myself. Every day I am getting better and healthier."

-Mary McLevain
Owensboro, KY



**STOPPING TOBACCO USE IS A
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"A tobacco-free space provides an environment that supports wellness and empowers people who want to stop tobacco use."

-Zim Okoli
*Psychiatric Mental Health Nurse Practitioner
and Certified Tobacco Treatment Specialist
Lexington, KY*



**RECOVERY INCLUDES
TOBACCO TREATMENT.**

Interested in stopping tobacco use?
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"Stopping tobacco use is challenging but you've got this. Reach out to your health care provider for support."

-Zim Okoli
*Psychiatric Mental Health Nurse Practitioner
and Certified Tobacco Treatment Specialist
Lexington, KY*



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"Stopping tobacco use supports recovery and mental well-being."

-Zim Okoli
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"I didn't want to be the next family member to suffer from lung cancer because of tobacco use. It just isn't worth the risk."

-Johnny Bengé
Corbin, KY



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"I didn't realize how much my life was impacted by tobacco use; but since stopping, I can run further and I feel better."

-Johnny Bengé
Corbin, KY



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"When I was using tobacco, cravings controlled my life. Now I'm in control."

-Johnny Bengé
Corbin, KY



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"As a tobacco treatment specialist, I walk alongside my patients on their journey to stop tobacco use. Not everyone gets the same success at the same time. I support and celebrate every attempt to stop."

-Holly Logsdon
*RN and Tobacco Treatment Specialist
Owensboro, KY*



**THINKING ABOUT STOPPING?
TOBACCO TREATMENT SPECIALISTS ARE HERE TO HELP.**

Interested in stopping tobacco use?
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"As a tobacco treatment specialist, I know that every quit attempt is closer to the final quit. It is important to never give up."

-Holly Logsdon
*RN and Tobacco Treatment Specialist
Owensboro, KY*



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