

THINKING ABOUT STOPPING?

TO IMPROVE
MENTAL HEALTH



FOR A HEALTHY
HEART



TO REDUCE THE
RISK OF CANCER



FOR HEALTHIER
LUNGS

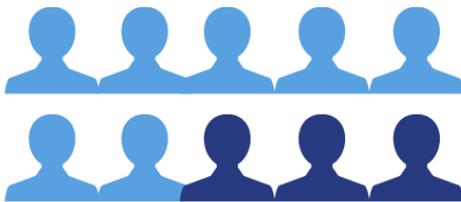


FOR YOUR
FAMILY



YOU'RE NOT ALONE.

7 out of 10 people who smoke
want to stop



Stopping smoking can be hard,
but you can do it!



TYPES OF HELP AVAILABLE:



Doctors and other
Health Providers



Counseling



Medications

IF AT FIRST YOU DON'T SUCCEED, TRY, TRY AGAIN!

HELPFUL RESOURCES

Tips and Videos from
Former Smokers
[www.cdc.gov/tobacco/
campaign/tips](http://www.cdc.gov/tobacco/campaign/tips)



QuitLine
1-800-QUIT-NOW

quitnow.kentucky.org