Tel:(876) 927-1620 Kingston 7. University Hospital of the West Indies Mona, Ward 21

Tel:(876) 977-0705 Kingston 7.

University Hospital of the West Indies Mona, Addiction Treatment Services Unit

Tel:(876) 795-2695 / 795-3368 / 390-6262 Ocho Rios, St. Ann. 10 Shaw Park Road,

TTE:(876) 967-3777

Kingston.

57 East Street,

Rise Life Management

Tel:(876) 978-1670 / 978-2324 Kingston 10. 6 Upper Musgrave Avenue,

Jamaica Teen Challenge

Patricia House (Richmond Fellowship Ja.)

Tel:(876) 922-4030 . ¿ notsgniX 53 Lyndhurst Road,

William Chamberlin Rehabilitation Centre

For Further Information Contact:

Text line: 564- HELP(4357) Toll Free: 1-888-991-4244 www.ncda.org.jm

Fax: (876) 971-1538 Tel: (876) 940-2240 Westgate, Montego Bay, St.

Western Office: RADA Building,

Fax: (876) 960-1820 Tel: (876) 926-9002-4 Kingston 5, Jamaica

Head Office: 2-6 Melmac Avenue,



National Council on Drug Abuse

NEED HELP WITH A DRUG PROBLEM



Help maybe needed to stop smoking. There are many techniques available to help the smoker stop smoking, e.g; gums and patches.

Know and avoid situations where you would normally smoke.

Start a group with real friends whom you can share confide in and will support your activities.

> Develop positive interests outside of school or work, e.g; sports, service clubs, excerise.

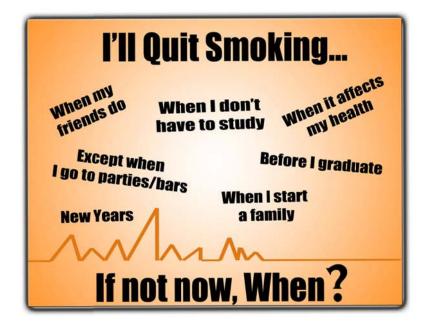


How to Quit Smoking

The best way to conquer smoking is to NOT start. If you have been thinking about quitting smoking, it may be time to weigh the benefits of quitting against the perceived benefits of smoking. Parts of successful quitting is gaining the confidence to quit.







YOU KNOW SMOKING IS
HARMFUL.

YOU KNOW YOU
SHOULD QUIT.

So....You want to quit smoking, you have tried quitting, you are getting frustrated, WHAT WORKS? Now Let's START:

- Set a quit date pick a date that may be meaningful to you; perhaps a birthday, an anniversary, January 1, today may be your day.
 - Tell family, friends and coworkers that you plan to quit quitting is easier with support from others and tell them how they can help you. Explain the possible mood swings, ask smokers not to smoke around you.
- Anticipate and plan for the challenges you will face while quitting.
 - Remove cigarettes and other tobacco products from your home, car and workplace. Have your teeth cleaned as well.
- Talk to the National Council on Drug Abuse at 926-9002-4 and let us help you QUIT TODAY.

 Adapted from National Cancer Institute