

NEED HELP WITH A DRUG PROBLEM

National Council on Drug Abuse



Head Office: 2-6 Melmac Avenue,
Kingston 5, Jamaica
Tel: (876) 926-9002-4
Fax: (876) 960-1820

Western Office: RADA Building,
Westgate, Montego Bay, St. James
Tel: (876) 940-2240
Fax: (876) 971-1538

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

For Further Information Contact:

William Chamberlin Rehabilitation Centre

53 Lyndhurst Road,
Kingston 5,
Tel: (876) 922-4030

Rise Life Management

57 East Street,
Kingston,
Tel: (876) 967-3777

Patricia House (Richmond Fellowship Ja.)

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

Jamaica Teen Challenge

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

Addiction Treatment Services Unit

University Hospital of the West Indies Mona,
Kingston 7,
Tel: (876) 977-0705

Ward 21

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

Give it UP!

Quit Smoking for Life



- ▶ 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, exercise.

The time is now! You can do it!



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.



1 less

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brighter future



I'll Quit Smoking...

When my friends do

When I don't have to study

When it affects my health

Except when I go to parties/bars

Before I graduate

New Years

When I start a family

If not now, When?

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:

- S** 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.
- T** 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.
- A** Anticipate and plan for the challenges you will face while quitting.
- R** Remove cigarettes and other tobacco products from your home, car and workplace. Have your teeth cleaned as well.
- T** Talk to the National Council on Drug Abuse at 926-9002-4 and let us help you QUIT TODAY.