

TOBACCO AND BEHAVIORAL HEALTH

YOUR QUIT JOURNEY STARTS TODAY.



Common questions people ask:

I quit drinking and I don't want to relapse. Will quitting smoking make me want to drink?

Nicotine can make cravings for alcohol or drugs stronger. If your goal is to quit drinking or using drugs, quitting smoking will help you achieve that goal. If you quit smoking, you increase your chances of staying drug- and alcohol-free, as well.

What medications can I use to quit smoking?

FDA has approved seven quit smoking medications to help people successfully quit using tobacco and nicotine products. These medications include three Nicotine Replacement Therapies (patch, gum and lozenge) and two pills that do not contain nicotine but can help nicotine withdrawal symptoms (Chantix or varenicline and Zyban or bupropion).

Any one of the seven FDA-approved quit smoking medications—even Chantix—can be used by people who take psychiatric medications or by people in recovery. In the past, Chantix was not recommended for people with mental health disorders. However, new research suggests that this is no longer the case. Your psychiatrist will be able to help you figure out which medication might work best for you.

I take psychiatric medication, can quitting smoking impact my meds?

Yes, the nicotine in tobacco products can change the strength of your medication. You may be able to lower your medication dosage when you quit smoking. Before quitting, you should discuss this with your psychiatrist.

Smoking or vaping helps me manage anxiety. Why should I quit?

Many people feel that smoking or vaping helps them manage stress and anxiety. The nicotine in a cigarette or vape might calm you down but this feeling is temporary. When you start craving the next cigarette or vape, you'll feel withdrawal symptoms. This is when anxiety actually becomes worse and the cycle starts all over again. Smokers who quit for more than two weeks say that they have less anxiety than when they were smoking.

Work with your doctor and psychiatrist on other ways to deal with your anxiety instead of using nicotine. Quit Now Virginia quit coaches can also help you put together a quit plan with personalized tips to get through your nicotine cravings.



Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at [QuitNowVirginia.org](https://www.QuitNowVirginia.org)

Text READY to 34191