

Tobacco-Free Recovery

Improves
treatment outcomes

Promotes
a culture of hope

Reduces
social stigma

Encourages
individuals to reach
their full potential

Reduces
harm from tobacco
and secondhand
smoke

Contributes
to increased long-term
sobriety and improved
mental health

Helps
reduce high rates of
smoking in recovery
centers

**Enhances the health and quality of life
of people in recovery**



Call the PA Free Quitline

for free medication and coaching to help you quit smoking:

English **1-800-QUIT-NOW (1-800-784-8669)**

Español **1-855-DEJELO-YA (1-855-335-3569)**

Visit:

SMOKEFREEPHILLY.ORG

CBHPHILLY.ORG

DBHIDS.ORG

Individuals receiving care in the DBHIDS network deserve an environment that improves their health and wellness, allows them to live a self-directed life, and helps them strive to reach their full potential.

Providers have the responsibility to integrate evidence-based tobacco interventions in their treatment programs.

