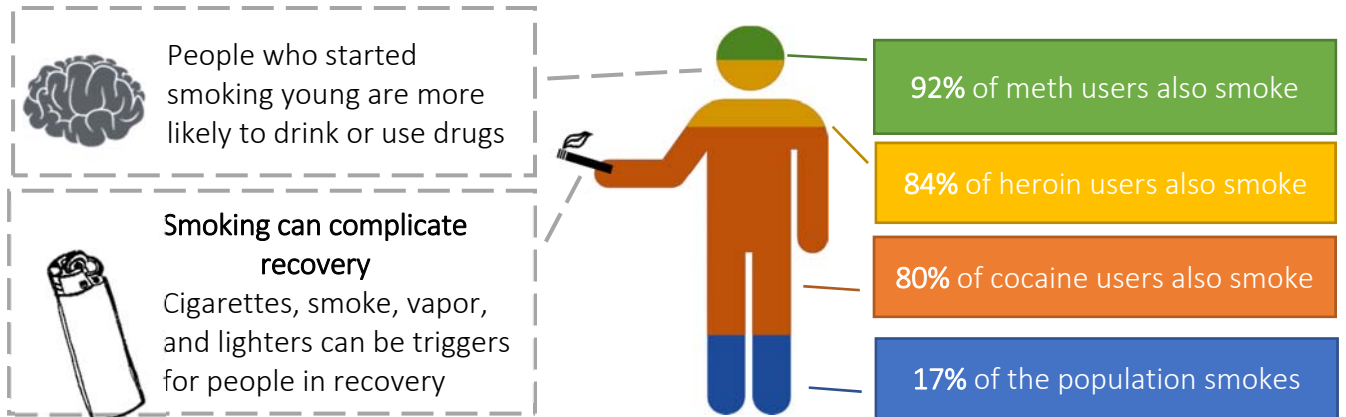


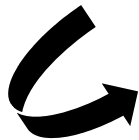
# Drinking or using, and also smoking? Ever thought about cutting down or quitting....tobacco?



*“Reducing how much I smoke is a part of my recovery. My plan is to eventually quit.”  
– Gay man living with HIV*

## Change is Hard...

It can take a lot of attempts to cut down or quit, even when you are motivated. First step to changing your tobacco use is finding your smoking patterns, and what inspires you to change.



BUT, research suggests that it is easier to change how much you use other substances TOGETHER with changing your tobacco use. All as a part of your recovery process

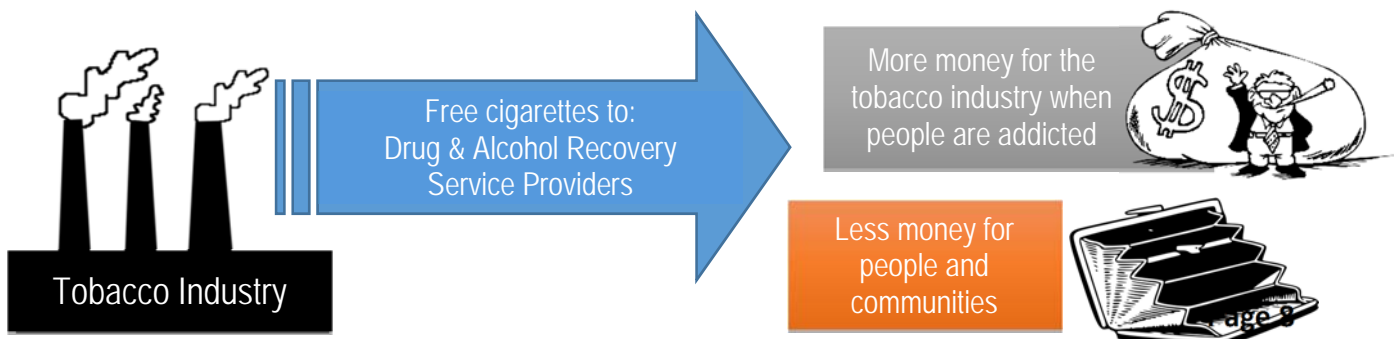


### It's worth thinking about it!

Reduce risk of HIV, heart problems, lung cancer, and stroke.  
Improve your chances of sticking with your recovery process.  
Be a healthier you!

## Tobacco Industry Targeting


The tobacco industry has a long standing history of targeting specific populations to increase their profits, and to get more people addicted. Here are some of their strategies.



# Support for Changing Your Tobacco Use

A complete list of stop smoking programs in San Francisco resources can be found at:

<http://sanfranciscotobaccofreeproject.org/you/>

QUIT SMOKING PROGRAMS & CLASSES	<b>San Francisco General Hospital Stop Smoking Program</b> Quit smoking classes for San Francisco residents. <b>(415) 206 – 6074</b>		
	<b>California Smoker's Helpline</b> FREE phone counseling for California residents in many languages. Some may be eligible for free medication. <b>1 – 800 - NO – BUTTS</b> <a href="http://www.nobutts.org">www.nobutts.org</a>		
	<b>Coalition of Lavender-Americans on Smoking &amp; Health (CLASH)</b> Stop-smoking group classes for LGBT people and people living with HIV <b>(415) 339 – STOP (7867)</b> <a href="http://tinyurl.com/CLASHsmoking">http://tinyurl.com/CLASHsmoking</a>		
	<b>Nicotine Anonymous</b> In-person, on-line, and call-in meetings. <a href="http://www.nica-norcal.org/">http://www.nica-norcal.org/</a>		
MOBILE/APPS		<b>QuitGuide (CDC)</b> FREE smartphone app tracks your cravings and moods, monitors your progress toward milestones, helps you develop strategies to deal with triggers, and more. <a href="http://tinyurl.com/CDCquitguide">http://tinyurl.com/CDCquitguide</a>	 
		<b>Stay Quit Coach (US Department of Veterans' Affairs)</b> FREE smartphone app with information about quitting, interactive tools, motivational messages and support <a href="https://mobile.va.gov/app/stay-quit-coach">https://mobile.va.gov/app/stay-quit-coach</a>	
		<b>quitSTART</b> FREE smartphone app with tailored tips, use tracking, inspiration, and fun challenges. <a href="http://tinyurl.com/quitSTART">http://tinyurl.com/quitSTART</a>	 
		<b>Addicaid – Addiction Recovery Support + Group Finder</b> FREE smartphone app that can help you find meetings, and track your daily use and urges, and customizable goals for various addictions, including nicotine. Stay motivated, inspired and supported by a like-minded community. <a href="http://www.addicaid.com/">http://www.addicaid.com/</a>	 
	Text <b>QUIT</b> to <b>47848</b> , answer a few questions, and you'll start receiving <b>FREE 24/7 quit help messages</b> texted to your phone!		