



Are you ready to quit?

Call us today and we'll help you get started.

601.815.1180

**Counseling and medications
are provided free or at a minimal
cost for Mississippi residents.**

Are you a healthcare provider who would like to refer a patient?

Download our fax referral form located
on our treatment page at **act2quit.org**
or call **601.815.1180**.

Are you interested in becoming a certified tobacco treatment specialist?

Get information on upcoming
CTTS training programs
by visiting **act2quit.org**.

**We are also available
for worksite and other
on-location services.**

**For more information
call 601.815.1180.**



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**Is it time to
quit tobacco?
We can help.**



The ACT Center, a tobacco treatment clinic, can help you quit using all forms of tobacco. Our clinics are staffed by certified tobacco treatment specialists. Since 1999, over 30,000 individuals have enrolled in our evidence-based treatment programs to stop using tobacco products.



Why should I quit?

There are many important reasons to give up tobacco use that can motivate you to quit and stay tobacco-free.

- **Reduce your risk for serious health issues**

The average smoker loses 10 or more years of life and has a higher risk for cancer, heart disease, and respiratory illnesses. Quitting tobacco may be the single most important health improvement you can make. Did you know tobacco use is linked to cancers of the lungs, stomach, mouth, tongue, throat, breast, kidney, and bladder? It can also cause other health problems such as strokes, poor pregnancy outcomes, loss of limbs and teeth, and many others. Quitting lowers your risk for these illnesses and gives you a better chance of a healthy life.

- **Help your family**

Secondhand smoke is harmful to children and adults. When children watch their parents use tobacco, they are more likely to pick up the habit too. When you quit, you'll improve the health and life expectancy of your loved ones.

- **Reduce your stress**

It's true! While smoking does reduce tension briefly, tobacco users report overall higher levels of distress on a day-to-day basis. Quitting greatly reduces stress levels.

- **Save thousands**

You'll save, on average, \$2,000 to \$3,000 each year when you quit buying tobacco products. Also, tobacco users pay between \$300 and \$600 more a year in annual health insurance costs because they are considered at greater risk.



What does treatment involve?

You'll meet with a certified tobacco treatment specialist who will evaluate your tobacco use and work with you to develop a personalized plan to quit. We'll teach you skills and strategies to help break the cycle of nicotine addiction. Our counselors offer you support to change addiction-related behaviors, thoughts, and feelings. We also recommend using medications when needed to maximize your chances of being successful and will assist you with getting a prescription. Rest assured, we'll be with you every step of the way.

What kinds of tobacco products can we help you quit?

- Traditional smoked tobacco (cigarettes, cigars, pipes)
- Smokeless products: snuff, snus, long-cut chew, dissolvable tobacco (sticks, orbs, strips)
- Hookah or waterpipe products
- E-cigarettes and other addictive vaping devices such as pens

Contact us.

Even if you're not sure you're ready, talk to us.

We'll tell you how we can help.

Our main office is in Jackson, and satellite clinics are in Batesville, Brookhaven, Clarksdale, Greenville, Gulfport, Iuka, McComb, Meridian, and Tupelo.

If you're ready to get started, call us at 601.815.1180.

Find all of our locations by visiting act2quit.org, or we will be happy to refer you to a clinic.