

OVERCOMING CRAVINGS

EVERYONE HAS DIFFERENT CRAVINGS so find the coping strategies that work best for you. Some suggestions include:

- * Talk a walk/run
- * Ride a bike
- * Chew gum
- * Chew a toothpick
- * Drink water
- * Read a book
- * Call a friend
- * Exercise
- * Eat a healthy snack
- * Yoga
- * Deep breathing
- * Brush your teeth
- * Read tobacco cessation materials
- * Play with a pet
- * Play a game
- * Call a friend

FOR MORE ANSWERS, CONTACT:

Columbia College

Counseling Services - 573.875.7423
www.ccis.edu/counselingservices

Drury University

Counseling Services - 417.873.7419
www.drury.edu/counseling

Evangel University

Counseling Services/Wellness Center - 417.865.2815, ext. 7222
www.evangel.edu/offices/student-development/counseling-center

Harris-Stowe State University

Office of Counseling Services and Prevention- 314.340.5112

Lincoln University

Student Health Services - 573.681.5476

Maryville University of Saint Louis

Health & Wellness Services - 314.529.9520
www.maryville.edu/studentlife-health.htm

Missouri Southern State University

MSSU Wellness 417.625.9533
www.mssu.edu/wellness

Missouri State University

Taylor Health and Wellness Center - 417.836.4045

Missouri University of Science & Technology

Counseling, Disability Support, and Student Wellness - 573.341.4211
counsel.mst.edu

Missouri Western State University

Counseling Center - 816.271.4327

Northwest Missouri State University

University Wellness Services - 660.562.1348
www.nwmissouri.edu/wellness

Rockhurst University

Counseling Center - 816.501.4275

Saint Louis University

Student Health and Counseling Services - 314.977.2323

Southeast Missouri State University

Counseling and Disability - 573.986.6191
www.semo.edu/SAPE

State Technical College of Missouri

Student Services - 573.897.5110

Truman State University

University Counseling Services - 660.785.4014
ucs.truman.edu

University of Central Missouri

Office of Violence and Substance Abuse Prevention - 660.543.8338
www.ucmo.edu/VSAP

University of Missouri

Wellness Resource Center - 573.882.4634
wellness.missouri.edu

University of Missouri-Kansas City

Counseling, Health and Testing - 816.235.1635
www.umkc.edu/chtc

University of Missouri-St. Louis

Alcohol and Other Drug Prevention Coordinator - 314.516.6369
www.umsl.edu/swbs

Westminster College

Counseling & Health Services - 573.592.5361
www.westminster-mo.edu/studentlife/chs



<http://pip.missouri.edu>

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BECOMING TOBACCO-FREE: THE LGBTQ COMMUNITY & TOBACCO

LGBTQ communities are among the populations most severely impacted by tobacco use.

This publication is brought to you by Partners in Prevention, a coalition of twenty-one universities in Missouri

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IF YOU ARE CONSIDERING A LIFE WITHOUT TOBACCO, this brochure is for you. This brochure addresses barriers to quitting, information on how the tobacco industry specifically targets the LGBTQ community, tips for overcoming cravings, and resources for cessation in your community. **CONGRATULATIONS! YOU ARE TAKING THE FIRST STEP TOWARD A HEALTHIER LIFE!**

KNOW THE FACTS

The American Cancer Society estimates that over 30,000 LGBTQ people die each year of tobacco related illness.

An early tobacco industry document described the plan for increasing sales among San Francisco's gay and homeless population; it was labeled "Project Scum."

In the U.S., tobacco kills more people each day than AIDS, alcohol, car accidents, suicides, & illegal drugs combined.

Tobacco companies continue placing ads in gay and lesbian targeted magazines that specifically appeal to LGBTQ populations and present tobacco use as sexy and a way to be independent or rebellious.

Segments of the LGBTQ community have been called an "area of opportunity" by Philip Morris. The tobacco industry has created an eight billion dollar LGBTQ community direct marketing campaign to attract new users.

PREPARING TO QUIT

IF YOU'RE PREPARING TO QUIT, TRY USING THE **START METHOD:**

Set a quit date

Tell family, friends, and coworkers that you plan to quit

Anticipate and plan for the challenges

Remove cigarettes and other tobacco products from your home, car, and work

Talk to your doctor or a campus cessation coach about getting help & nicotine replacement gum or patches

WATCH OUT!

Anything that you associate with smoking or using tobacco that causes you to have a craving can be considered a barrier. Watch out for these barriers on the path to your tobacco-free lifestyle, and try to break them down so they don't continue to give you trouble. Some common barriers include:

COMMON BARRIER

Social Events (where smoking is allowed)

Drinking coffee or alcohol

Driving

Boredom

Stress

POSSIBLE SOLUTION

Stay inside when your friends go out to smoke, go to non-smoking bars and restaurants only

Try soda or tea as a caffeine source, set a limit on your alcoholic drinks so you stay in control

Try walking, taking the bus, carpooling with a friend, or biking

Call a friend to hang out, work out, play a game on your phone or computer, or read a book

Try deep breathing exercises, work out, or talk to a friend about your stress

GET HELP QUITTING!

Contact your student health center or campus prevention office to meet with a cessation coach.

The local health department in your community or your physician may also be able to identify resources to help you quit.

Telephone & Texting Support:

Missouri Tobacco Quitline
1-800-QUIT-NOW

Text2Quit
www.text2quit.com

Online Support:

Become an Ex
www.becomeanex.org

For more information:

National LGBT Tobacco Control Network
www.lgbttobacco.org

American Cancer Society
www.cancer.org

Gay American Smokeout
www.gaysmokeout.net

