



# HOW QUITTING BENEFITS

# YOUR MENTAL WELLBEING


Quitting tobacco can help...

- Increase positive mood
- Improve quality of life
- Support recovery from alcohol and other substance use
- Lower stress and anxiety

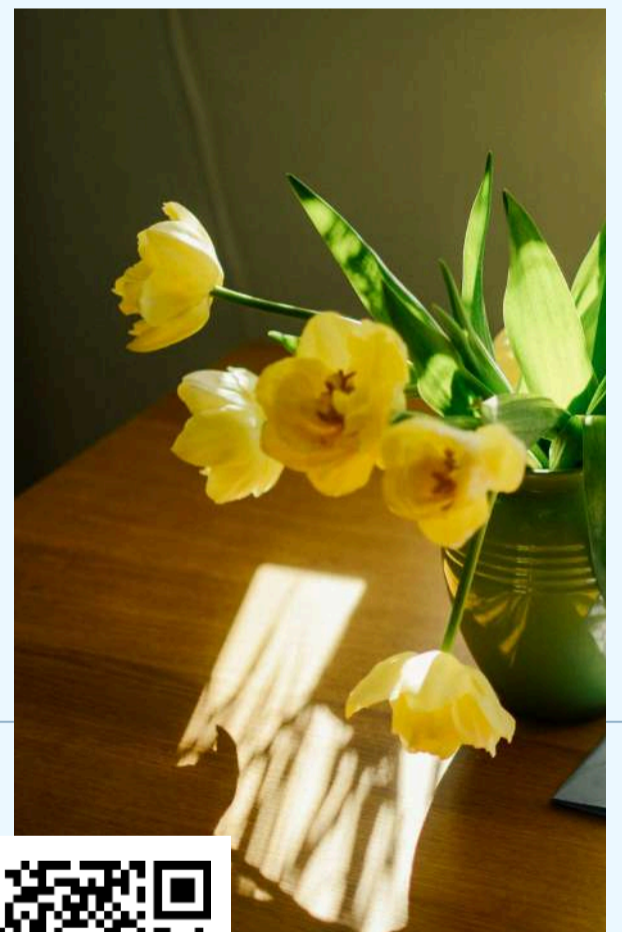
THE JOURNEY MAY FEEL  
DIFFICULT, BUT YOU ARE  
NOT ALONE.

Interested in quitting or  
reducing nicotine?  
We're here to help.

Make a customized Quit Plan, chat  
live with or call a Quit Coach, and  
get support from our community.

 1-877-455-2233

 [quitnow.ca](https://quitnow.ca)



**quitnow** 