QUIT SMOKING RESOURCES

Respiratory Health Association has developed print materials to assist and motivate individuals who are thinking about quitting smoking. These materials are appropriate for distribution in health systems, social service organizations, community-based organizations, and the workplace.

SELF-HELP GUIDE

The 8-page self-help guide provides an overview of the benefits of quitting smoking, tips to develop a quit plan, FDA-approved quit smoking medications, and quit smoking resources in the community.

50 guides – $22

HEALTH GAINS POSTER

The 20” x 16” poster uses a graphic to illustrate the health benefits of quitting smoking over time to motivate individuals to start their smoke-free journey. We recommend displaying this poster in areas where it will be visible to patients, clients, residents or community members.

5 posters – $14

HEALTH GAINS HANDOUT

This 8.5”x11” handout illustrates the health benefits of quitting smoking in a format that is easy to read and display. We recommend providing this resource to individuals to help motivate them on their quit smoking journey.

20 sheets – $5

PALM CARD

The palm card is the size of a business card and lists quit smoking resources in a small, easy-to-carry format. This can serve as a reminder to individuals of why they started their smoke-free journey or help with enforcement of smoke-free building and campus policies.
50 cards – $5

TEAR PAD

The tear pad contains 50 easy to tear quarter-page sheets that encourages individuals to get support to start their smoke-free life and provide information about quit smoking resources in the community.
2 pads – $6

PROVIDER POSTER

The 8.5" x 14" poster complements RHA's Counsel to Quit® brief clinical tobacco intervention program and encourages health care providers to screen patients for tobacco use, advise them to quit smoking, and connect them to evidence-based treatment options and cessation medications. We recommend displaying this poster in areas where it will be visible to health care providers, such as breakrooms, kitchens, and staff lounges.
3 posters – $5

To order quit smoking resources or to learn more visit www.resphealth.org/quit-resources or contact Lesli Vaughan at LVaughan@resphealth.org.

RESPIRATORY HEALTH ASSOCIATION®