

Make Quitting Count

Your savings will add up.

Start a money jar. Each day you do not smoke, put your cigarette money in the jar. With the money you save, reward yourself for being smoke-free for one week, month or year!

Tips for coping with triggers:

- **Feeling bored?** Find a new hobby, or exercise. Being physically active is great for your health and can help curb the urge to smoke.
- **Feeling hungry?** Have a healthy snack, or drink some water.
- **Finished a meal?** Brush your teeth right after eating. Take a walk.
- **Need a work break?** Stretch. Go for a quick walk. Talk to a coworker.
- **Feeling nervous, stressed or anxious?** Try a relaxation technique such as deep breathing. Call a friend.
- **Still having trouble coping?** Do not struggle alone. Text "WELL" to 65173 or call 888-NYC-WELL (888-692-9355) for free, confidential mental health counseling, 24/7.
- **Around other people who smoke?** Go to places where smoking is not allowed. Tell friends that you are trying to quit.

Resources

Talk to your health care provider about medication and counseling options.

Most health insurance plans, including Medicaid, cover services to help you quit.

Get a free starter kit of quit-smoking medications or talk to a quit coach.

Visit **nysmokefree.com**.

Call 866-NY-QUITS (866-697-8487).

If your preferred language is Chinese (800-838-8917), Korean (800-556-5564) or Vietnamese (800-778-8440), call or visit the **asiansmokersquitline.org**.

Connect to other resources.

Visit **nyc.gov/nycquits**, or scan this QR Code.



Not ready to quit?

No matter what your goals are, treatment options are available to help you cut back or avoid smoking when you want to.

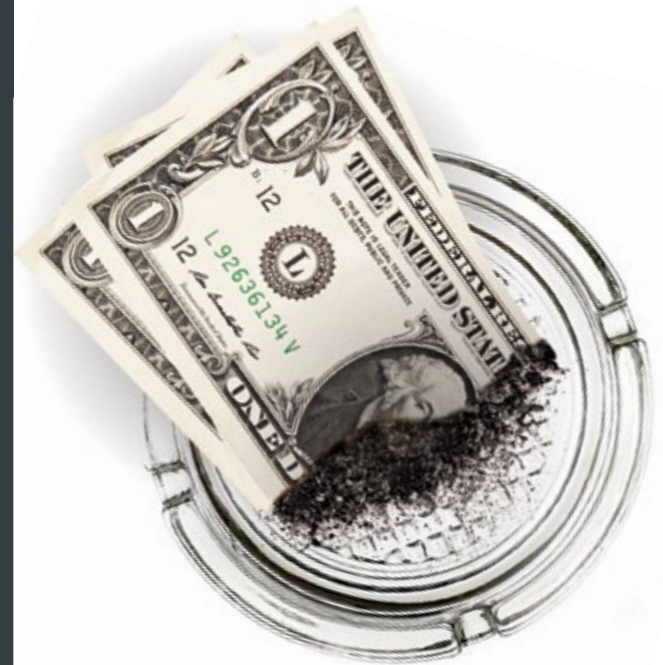
Visit **nyc.gov/health** and search for **coping with nicotine withdrawal** to learn more.

Worried about money?

NYC Financial Empowerment Centers offer free one-on-one professional financial counseling in person or by phone. Visit **nyc.gov/talkmoney** or call **311** to book an appointment today.

Quit to Save

What's in your ashtray?



The Cost of Smoking

One pack of cigarettes in New York City costs more than \$13. Even if you do not smoke every day or only smoke a few cigarettes per day, the money adds up.

Instead of watching your money go up in smoke, spend it on things you need and want.

What could you spend your cigarette money on?

1. _____
2. _____



		Amount Saved		
		One week	One month	One year
If You Smoke This Much	One pack per week	\$13 One new book 	\$52 Lunch out three days per week 	\$676 Groceries for two people for one month 
	Half a pack per day	\$46 A night for two at the movies 	\$195 An annual bike share membership and one new helmet 	\$2,373 A family cell phone bill for one year 
	One pack per day	\$91 A family trip to the zoo 	\$390 Seventy round-trip subway rides 	\$4,745 A babysitter once per week for one year 
	Two packs per day	\$182 Two tickets to a Broadway show 	\$780 A long weekend trip flight and hotel 	\$9,490 One year of CUNY college tuition, books and a laptop 