



WELLNEWS

A MONTHLY WELLNESS NEWSLETTER

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TODAY
is a fresh
START



Quitting Tips for Nicotine & Cannabis



Take back control. Quitting nicotine or cannabis is no easy feat. Below are some tips and tricks that you can utilize to help with quitting either nicotine or cannabis. You got this!



Think about your reasons for quitting, which can be very motivating.



Plan your quit date within 1-3 weeks.



Prepare your environment by throwing away your tobacco and cannabis products, lighters, and related supplies.



Consider different ways of quitting other than "cold turkey" such as behavioral and medical support (e.g., NRTs and behavioral therapy).



Withdrawal symptoms are common and temporary. Plan for how to cope with them.



Identify strategies to deal with your triggers.



Explore healthy activities.



Get support. You are not alone.



For more information, infographics, and quitting resources, visit: resources.stanfordreachlab.com



Practice stress-reducing techniques.



It might take a few tries. You got this!

Teen drug use can have a major impact on their lives. Help prevent drug abuse by having conversations about the consequences of using drugs and the importance of making healthy choices.

Signs of drug use:

- Problems at school
- Missing classes or skipping school
- A drop in grades
- Lacking energy or motivation
- Red eyes and/or constricted or dilated pupils
- Odor of marijuana, cigarettes, or alcohol on their breath, clothing, etc.

Riverside County Substance Abuse Prevention and Treatment Program

Hill Recovery

417 Recovery

findtreatment.gov

SAMHSA National Helpline

988 Suicide & Crisis Lifeline

TREATMENT RESOURCES

RESOURCES

Tobacco, Vaping and Marijuana: A Parent's Guide
Edible Marijuana Dangers What Parents Should Know
About Fentanyl Prevention Toolkit

