



SEPTEMBER 2021

# QUIT BRIEF

## SEEKING HELP IN DIFFICULT TIMES

September days are here, which also marks the beginning of [Suicide Prevention Month](#). Studies show that people who are highly dependent on nicotine or who are regular cigarette smokers have an increased chance of experiencing suicidal thoughts and attempts.<sup>1</sup> Help Service members understand the risk factors of suicide including severe or prolonged stress, deployment, depression and substance use problems or disorders<sup>2</sup> like nicotine dependence. Encourage them to [seek help](#), take care of themselves and use these tips to live tobacco free:

- **Lean on your support system.** Talking can be helpful. When things get tough, call a buddy, have a video chat or send them a text to talk about what's on your mind. Sometimes, connection is just what you need and can be a good distraction from tobacco.
- **Keep a log of your stressors.** Write down the situations that make you feel anxious or nervous or that make you want to use tobacco (they may be the same)! Knowing these stressors can help prepare you for life's challenges like quitting tobacco. It can also be a good way to keep track of your psychological health.
- **Find healthy ways to cope without leaning on substances.** Some tobacco users may use other substances too, like alcohol and drugs. However, [excessive drinking](#) and [drug use](#) are also risk factors for suicide, especially if they're being used to cope. Rather than turning to tobacco or other substances, talk to someone about how you're feeling. Reaching out and speaking up is a sign of strength.

Remind Service members there are other ways to manage their psychological health and cope without using tobacco. They can reach out to their local [Military Family and Life Counseling Program](#), chaplains and [military treatment facilities](#). If someone is in crisis, they can contact the confidential Military Crisis Line at 1-800-273-8255, press 1 or text 838255.

1. [National Behavioral Health Network For Tobacco and Cancer Control](#)
2. [Defense Suicide Prevention Office Suicide Prevention Month and Campaign Outreach Toolkit](#)

## QUIT RESOURCES

Let Service members know about these online interactive tools so they can make their future tobacco free.



## THE CAMPAIGN

Certain activities, people, feelings or situations can make Service members crave tobacco, especially when they are trying to quit tobacco or stay quit. Check out these two new articles to help Service members [tackle their triggers](#) and [successfully overcome tobacco](#).

## THE LATEST IN TOBACCO

Did you know that smoking cigarettes can increase the chances of hair loss? Just another reason to quit using cigarettes. Remind Service members that the effects of smoking cigarettes can include:

- Gray hair before age 30
- Yellowing fingers and fingernails
- Discolored teeth
- Uneven, dry skin
- Dry, brittle hair

Service members can keep their hair, skin and teeth healthy by quitting smoking and staying quit.

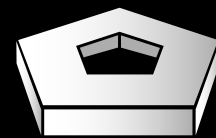
**YOU CAN QUIT 2**

[www.ycq2.org](http://www.ycq2.org)

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