



# The Evidence Is In: Quitting Smoking **IMPROVES** Behavioral Health

A 2004 study in the *Journal of Consulting and Clinical Psychology* showed patients were **25% more likely to quit** their other addictions if they also quit smoking. A 2014 study in the *British Medical Journal* showed **behavioral health symptoms** improve after quitting smoking—including levels of anxiety, stress, and depression.

Get free coaching and medications from friendly quit coaches.



W I S C O N S I N T O B A C C O

# QuitLine

**800-QUIT-NOW**

or text **READY** to 200-400