



Name \_\_\_\_\_ Class \_\_\_\_\_ Date \_\_\_\_\_

## Need Treatment?

Both **behavioral treatments** and **medications** can help people quit smoking, but the combination of medication with counseling is more effective than either alone. The U.S. Department of Health and Human Services has established a national toll-free quitline, **1-800-QUIT-NOW**, to serve as an access point for anyone seeking information and help in quitting smoking.



## Treatment Options

### Behavioral Therapies

Beh  
self-  
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smo  
  
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Nicc  
med  
appr  
  
Oth  
Bup  
peop  
effec

**PREVIEW**

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helped  
e

medications

nicotine replacement patch

nicotine replacement gum



## Can e-cigarettes help?

Some people think that e-cigarettes can help you stop smoking. In fact, some research shows that non-smoking preteens and teens who use e-cigarettes might go on to use other tobacco products, like cigarettes and cigars.



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## Need Treatment?

National toll-free quitline: \_\_\_\_\_

### Describe the Treatment Options

*Behavioral Therapies*



NEWPATH LEARNING

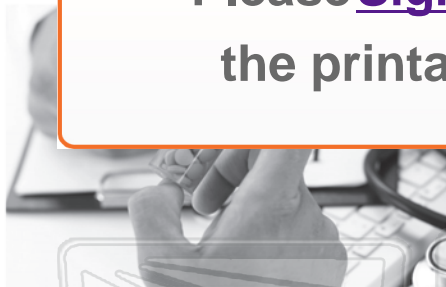
Nic

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medications



nicotine replacement patch



nicotine replacement gum

### Can e-cigarettes help?