

# Helping you

CLINICAL • ADVOCACY • RELATIONSHIPS • EMPOWER

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## September Spotlight: Tobacco and nicotine cessation

This month, we're highlighting information about stopping tobacco and nicotine use. You'll also find other wellness-related resources, links to *Healthy You* articles, mental health tips and healthy recipes.

Check out these tobacco and nicotine-related articles from our CARE Health Education Library. To view a Spanish version of any of the articles in the library, click the "ES" icon in the top right corner.

- [Nicotine and tobacco](#)
- [La nicotina y el tabaco](#)
- [Benefits of quitting tobacco](#)
- [Beneficios de dejar el tabaco](#)

These additional links from other health organizations can help you manage your tobacco and nicotine use:

- [BeTobaccoFree.gov](#)
- [quitSTART app](#)
- [Health effects of smokeless tobacco](#)
- [About e-cigarettes \(vapes\)](#)
- [7 common withdrawal symptoms](#)
- [About secondhand smoke](#)

## Healthy recipes

- [Green tea with fresh mint](#)
- [Cardamom ginger chai](#)
- [No-shell vegetarian taco salad](#)
- [Easy green bean salad with lemon vinaigrette](#)
- [Roasted tomato soup with grilled cheese croutons](#)



## Healthy You magazine

Here's what's in the latest issue of *Healthy You*, an award-winning magazine with health and wellness articles that support and encourage your healthy choices.

### [Find a stop-smoking support group](#)

Stop-smoking programs are offered by hospitals, health departments, community centers, work sites and national organizations. Learn more about them.

### [Pain, pain, go away](#)

September is Chronic Pain Awareness Month. Find out why physical activity is often recommended for people living with persistent pain.

### [Tips for healthy snacking](#)

Try these quick pick-me-ups whether you're on the go or at your desk.

Find the entire [Summer issue here!](#)

## Mental health awareness

According to the Centers for Disease Control (CDC), smoking is much more common among adults with mental health conditions. Approximately 1 in 4 adults in the U.S. have some form of mental illness or substance use disorder, and these adults consume almost 40% of all cigarettes smoked by adults. [Hear a real-life story from someone who quit smoking while managing depression.](#)