CLÍNICA VIVALDI · FREE SHEET · ADDICTIONS

Tobacco use disorder

Nicotine addiction: daily use difficult to quit, intense craving and withdrawal symptoms upon withdrawal.

COMMON SIGNS

- Smokes daily and finds it hard to stop
- Irritability or anxiety when not smoking
- Smokes despite health problems

TIPS FOR YOU

1. Pick a quit date and prepare for it
2. Ask for treatment at your health centre
3. Psychological therapy doubles the chances of success

FOR FAMILY AND FRIENDS

1. Support every attempt without blame
2. Keep your home and car smoke-free

WHEN TO ASK FOR HELP

1. Ask for help at your health centre
2. If you have breathing or heart problems

TO OBSERVE AND NOTE DOWN

☐ I smoke every day

☐ I smoke within half an hour of waking up

☐ I have tried to stop without success

☐ If I don't smoke, I'm irritable or anxious

☐ I smoke even though I have health problems

☐ I smoke more when I'm stressed

☐ I find it hard to be in places where smoking isn't allowed

☐ I feel a strong urge to smoke

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-por-consumo-de-tabaco
- Spanish National Plan on Drugs: information and resources: https://pnsd.sanidad.gob.es/
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112