

# Better your chance for long-term recovery.

Learn to go tobacco-free.



**Tobacco recovery *is* recovery. Let's talk about it.**

Learning tobacco-free coping skills increases your chance of long-term recovery from substance use disorders



by **25%**. Get free help at [tobaccofreerecoverypa.com](http://tobaccofreerecoverypa.com) and **1-800-QUIT-NOW**.



**PENNSYLVANIA**

**Statewide Tobacco-Free  
Recovery Initiative**