

My anxiety  
doesn't  
control me.  
Neither will  
smoking.



# TOBACCO? I DON'T THINK SO.

The best way to avoid addiction to tobacco is to never start using it in the first place.



FOR MISSISSIPPIANS  
WITH DISABILITIES



THE UNIVERSITY OF  
SOUTHERN MISSISSIPPI

Institute for Disability Studies

**Mississippi**  
**tobaccoQUITLINE**  
**1.800.QUITNOW**  
[WWW.QUITLINEMS.COM](http://WWW.QUITLINEMS.COM) 1.800.784.8669

AA/EOE/ADA