



FOLLOW US AT:



@SRMHW



@SpringRiverMentalHealth&Wellness



@springrivermental

Tobacco Use Treatment

Riverton Office

6610 SE Quakervale Rd.

PO Box 550

Riverton, KS 66770

620-848-2300

Columbus Office

201 W. Walnut

Columbus, KS 66725

620-429-1860



Community Partner

SRMHW is a proud
supporter of the United Way!



After Hours Crisis # 1-866-634-2301

<https://www.springrivermh.org/>

Who We Are

Spring River Mental Health & Wellness, Inc. (SRMHW) has Tobacco Treatment Specialists (TTS) who are trained to provide evidence-based treatment for individuals who use tobacco and are interested in how to reduce their use or quit.

What We Do

- Assessment of your treatment needs.
- Work together to identify your goals.
- Support you in finding your reason to quit and work with you on a plan.
- Provide health education and follow-up.
- Share resources to help you in your goal to stop or reduce usage of smoking, vaping, chewing, or other tobacco products.



The Importance of Stopping Tobacco Use

While in recovery it is common for people to use tobacco. Tobacco is a substance that creates long-term health problems, including deaths and illnesses. Quitting tobacco improves long-term recovery chances.

You Can Quit and Now is the Best Time!

- Tobacco can be hard to quit but additional treatment can help improve your chances of maintaining recovery.
- Medications are available to assist in stopping tobacco use.
- Quitting tobacco can save you thousands of dollars a year.
- The use of tobacco has been shown to increase feelings of anxiety. Stopping could help lessen these feelings and improve your overall mental health.

Setting Realistic Goals

Learn about how tobacco use can affect your overall health and mental health. Your treatment team will help you develop a plan to keep you motivated!

Things to think about:

- Why are you quitting? To improve your health or finances.
- What is a treatment plan? It is a plan to help you create goals for quitting!
- What are your goals? Your team will help develop step-by-step goals to help you stop tobacco use.



You Are Not Alone

Take the first step to recovery. Improve your physical and mental health today.