



## **East Bay Center**

*...leading lives to hope and recovery*

At East Bay Center Inc., consumers of mental health and/or addiction services do a lot to support each other through recovery. It may not be an easy process, but when you have others who have gone through what you are going through, it can help for peers to answer questions, and see that there is light at the end of the tunnel.

Recently one of our clients suggested that he would like to write an advice column on issues he has faced, in the hopes of encouraging others. In his first column, Austin discusses smoking cessation.

“Quitting smoking was one of the hardest things I've ever done. I started smoking by getting a cigarette off my friend. After that I started smoking a pack and a half a day.

I decided to quit when the little cigars and cigarettes got to be too expensive. The first time I tried to quit I got rid of everything – my cigarettes and my lighter. Then I wanted one and had nothing to smoke, so I got one off my neighbor.

I knew that I needed to quit and that what I was doing wasn't working. My doctor at East Bay Center prescribed Chantix and it really helped with the cravings. Also one of the staff suggested that I keep some cigarettes on hand but not to smoke them. It was good to know that I could have one if I wanted one, but ended up not smoking them. I ended up giving the cigarettes away.

I haven't smoked in three (3) years and I don't miss it. I feel good about myself, and for the first two years I quit, I didn't have any symptoms of my mental illness. My apartment is cleaner and it doesn't smell like smoke. My clothes don't smell either and I don't have to put water in the ashtray worrying about a fire.

Now I try not to think about it. I stay away from people who smoke. Not only do I feel better, but I have also saved a lot of money over the years. Even smoking the generic cigarettes at \$5.00 a pack, I have saved over \$8,000. So I think that if I could quit smoking, then anyone could quit smoking.”

EBC's mission has remained the same for many years – to improve the lives of individuals and families within our communities by providing a broad range of high quality mental health and addiction services. Especially in the face of adversity, EBC will be here to help you, your family, and your community. We encourage you to visit our website at [www.eastbay.org](http://www.eastbay.org) for information regarding services, employment, locations, etc. To speak to someone regarding services or to schedule an appointment, please call 401-246-1195 and ask for "Intake".