



# **THIS IS A TOBACCO AND SMOKE FREE CAMPUS.**

Belmont Behavioral Hospital promotes wellness. Research has shown that smoking is dangerous to the health of the smoker and to others.

Thank you for not smoking or using any tobacco product on this campus.

**Effective December 14th, 2015**

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# SOMETIMES ALL YOU NEED IS A LITTLE FRESH AIR...

## Trying to Quit?

If you are interested in nicotine replacement therapy and tobacco use treatment during your stay, please speak with your treatment team about your options.

If you would like to quit smoking, please call Pennsylvania Department of Health's **FREE** "Quit Line"

**1.800.QUIT.NOW**

**[www.determinedtoquit.com](http://www.determinedtoquit.com)**

SmokeFree Philly - Find **FREE** quit smoking classes in Philadelphia and New Jersey

**215.683.LIVE**

**[www.smokefreephilly.org](http://www.smokefreephilly.org)**