

SMOKING AND DRUGS RESOURCES

ON-CAMPUS RESOURCES

STUDENT COUNSELING CENTER

SWC 201 | 806.742.3674 | counseling.ttu.edu
Virtual alcohol assessments provided
Clinic Hours: M-F 12:30-3:30pm

THE CENTER FOR COLLEGIATE RECOVERY COMMUNITIES

806.742.2891 | depts.ttu.edu/hs/csa/
Program that assists students to flourish in recovery through accountability and support. Hosts daily 12-step meetings

RISK INTERVENTION & SAFETY EDUCATION (RISE)

Drane 247 | 806.742.2110 | rise.ttu.edu
Provides Alcohol & Drug workshops and interactive programming for academic classes, student groups, organizations, residence halls and individuals

eCHECKUP TO GO

rise.ttu.edu

Online, personalized assessment tools for alcohol or marijuana use. Free, anonymous, evidence-based results.

VOICES FOR CHANGE

rise.ttu.edu | rise@ttu.edu

Mandated course for all first-year and transfer students. Online program that discusses wellness topics such as healthy relationships and alcohol/other drugs.

RAIDER RESTART (BASICS)

rise.ttu.edu | rise@ttu.edu

One-on-one coaching to help students with substance misuse and their negative impacts, including tobacco cessation assistance.

RAIDER RIDE

TapRide App | Seven days a week | 6PM-2:45AM
Free transportation in Lubbock to or from Tech.
\$5 flat rate for all other rides in Lubbock.
TTU ID required.

OFF-CAMPUS RESOURCES

MANAGED CARE CENTER FOR ADDICTIVE/OTHER DISORDERS, INC.

mccaod.com
Comprehensive in-and outpatient substance abusetreatment for adults.

STAGES OF RECOVERY

lubbockaddictionservices.com/about-stages-of-recovery
Promotes a foundation of recovery by providing an environment that fosters safety, accountability, community and trust.

ASPIRE ADDICTION RECOVERY CENTER

aspirearc.com
Affordable individualized, best practice, drug treatment program guided in the principles of 12-step recovery

TOBACCO CESSATION PROGRAM: A NEW DAY

Covenant Health | 806.725.0359 | 3615 19th
Combination nicotine replacement therapy and counseling program

ALCOHOLICS ANONYMOUS

aa.org
Nonprofessional, self-supporting, multiracial, and apolitical international fellowship
LUBBOCK 24 HR HOTLINE
: 806.741.8780

THE RANCH AT DOVE TREE

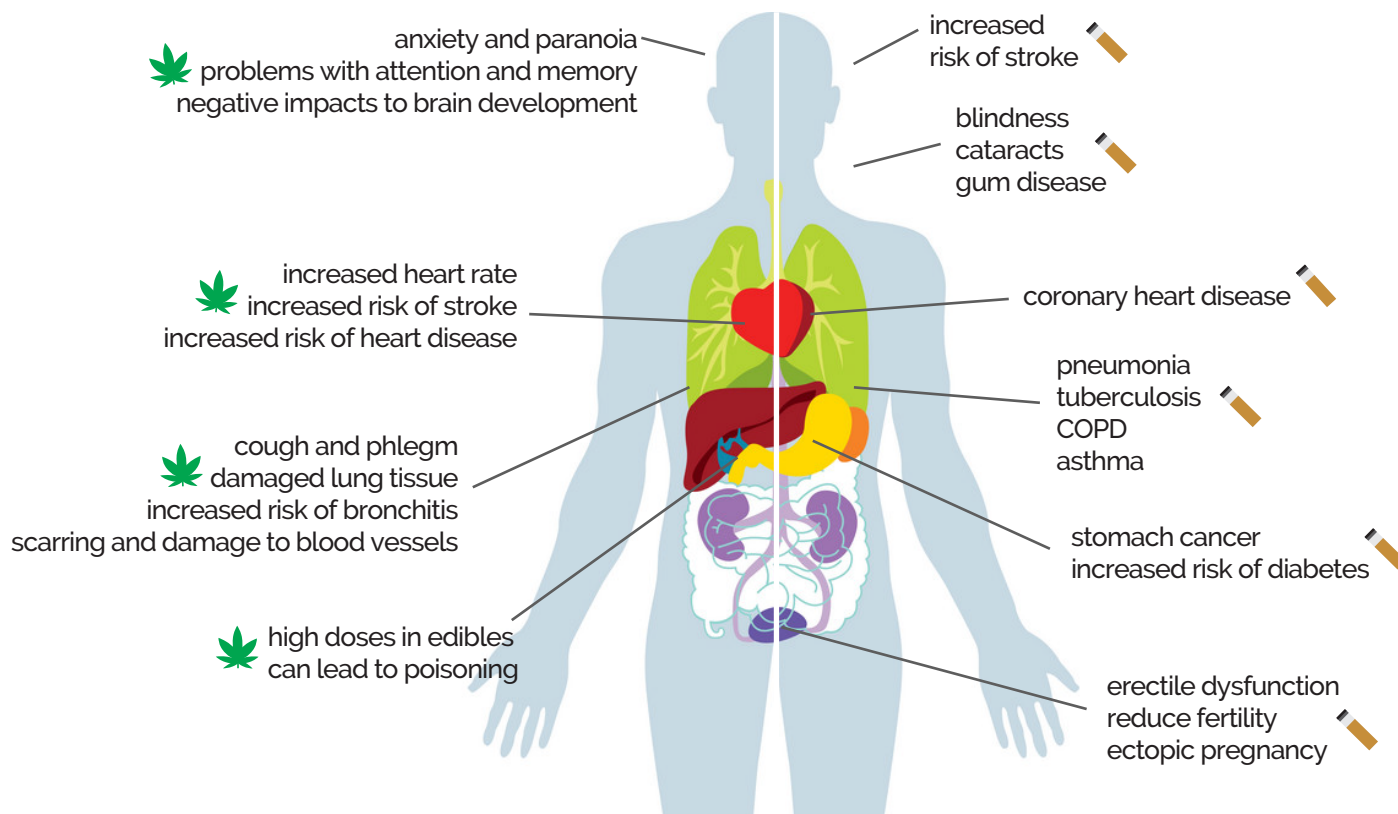
ranchatdovetree.com
Collegiate-focused addiction and behavioral health comprehensive treatment and recovery

For more resources, visit our website at rise.ttu.edu/aod



WHAT DOES IT DO TO MY BODY?

MARIJUANA & CIGARETTES



E-CIGARETTES

E-cigarettes may benefit adult smokers trying to quit. E-cigarette aerosol usually contains heavy metals, diacetyl (which causes lung scarring,) volatile organic compounds, cancer causing chemicals, and nicotine.

NICOTINE

Nicotine is a stimulant that is highly addictive and causes a "fight or flight" response in the body. Nicotine withdrawals can lead to a number of symptoms such as fatigue and severe headaches.

TOBACCO

Tobacco contains tar, which causes build up in lungs and arteries. Use of tobacco products leads to a higher risk of cancer as well as heart disease and other health complications.

HOW TO QUIT

Talk to your doctor about getting help to quit.
Keep a journal of your experience.
Reflect on why you chose to quit.
Find healthy distractions and other outlets.
Drink plenty of water: stay hydrated!
Get active: help remove toxins from the body.
Avoid activities where temptations are high.
Reward yourself for improving your health!

