

# SMOKING AND DRUGS RESOURCES

## ON-CAMPUS RESOURCES

### STUDENT COUNSELING CENTER

SWC 201 | 806.742.3674 | [counseling.ttu.edu](http://counseling.ttu.edu)

In-person alcohol assessments provided  
Walk-in Clinic Hours: M-F 12:30-3:30pm

### THE CENTER FOR COLLEGIATE RECOVERY COMMUNITIES

806.742.2891 | [depts.ttu.edu/hs/csa/](http://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](http://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](http://rise.ttu.edu)

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

### THINK ABOUT IT

[rise.ttu.edu](http://rise.ttu.edu) | [rise@ttu.edu](mailto: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](http://rise.ttu.edu) | [rise@ttu.edu](mailto: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](http://mccaod.com)

Comprehensive in-and outpatient substance abusetreatment for adults.

### STAGES OF RECOVERY

[lubbockaddictionservices.com/about-stages-of-recovery](http://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](http://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](http://aa.org)

Nonprofessional, self-supporting, multiracial, and apolitical international fellowship

**LUBBOCK 24 HR HOTLINE**

: 806.741.8780

### THE RANCH AT DOVE TREE

[ranchatdovetree.com](http://ranchatdovetree.com)

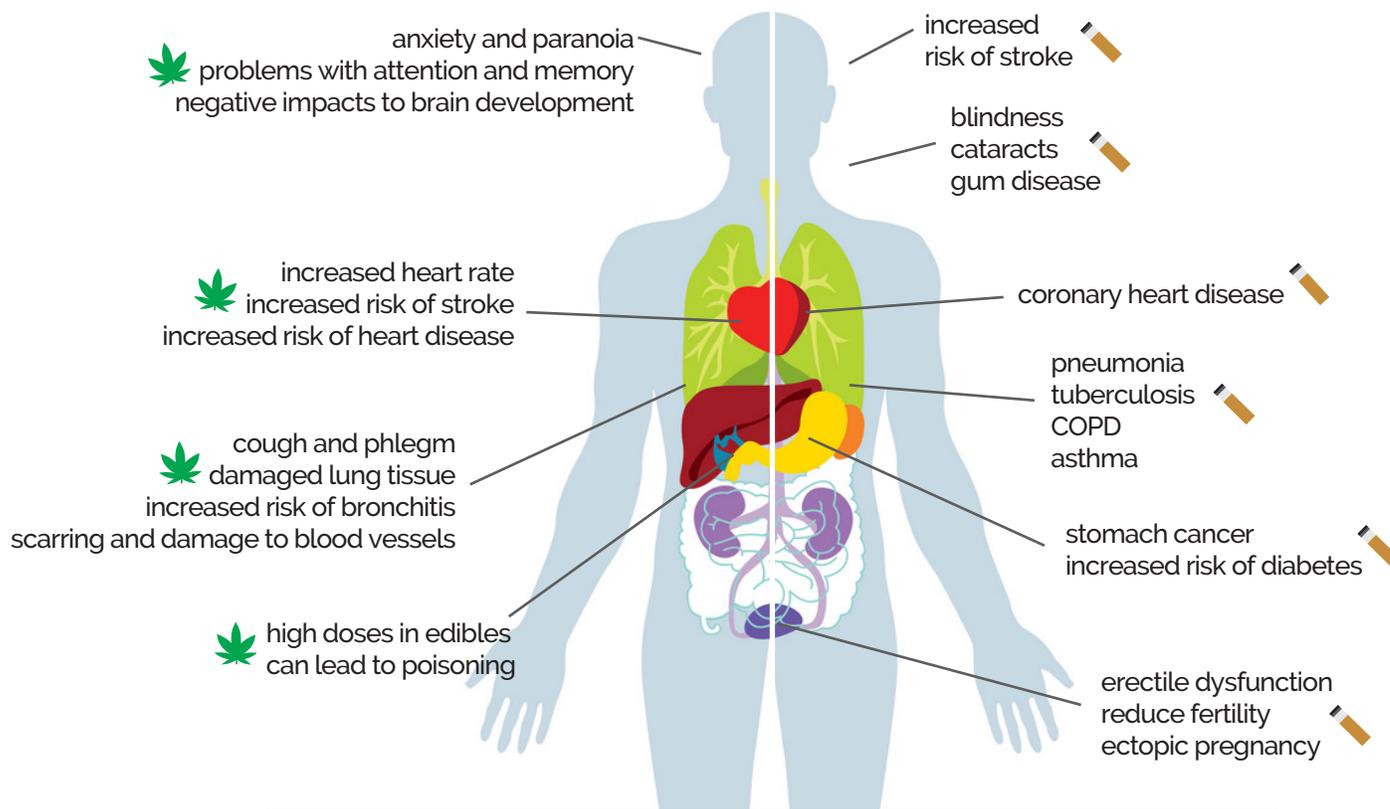
Collegiate-focused addiction and behavioral health comprehensive treatment and recovery

For more resources, visit our website at [rise.ttu.edu/aod](http://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!

