
2017 – Rebecca’s Depression Tip (:30)

A TIP FROM A FORMER SMOKER

Rebecca’s Voice:

My name is Rebecca. I struggled with depression for years.

I thought I needed cigarettes to cope.

But then I started losing my teeth. That was a wake-up call.

I was able to quit smoking, and then I started running. Now I feel a lot better about where I’m going.

My tip is: When life gives you a wake-up call, answer it!

Announcer:

Smoking doesn’t help with depression. Quitting can.

YOU CAN QUIT, for free help, call 1-800-QUIT-NOW.

A message from the Centers for Disease Control and Prevention.