

SMOKING & BEHAVIORAL HEALTH

What you should know

1

in

5

adults have a mental illness

36%

of those with a mental illness smoke cigarettes



this population dies

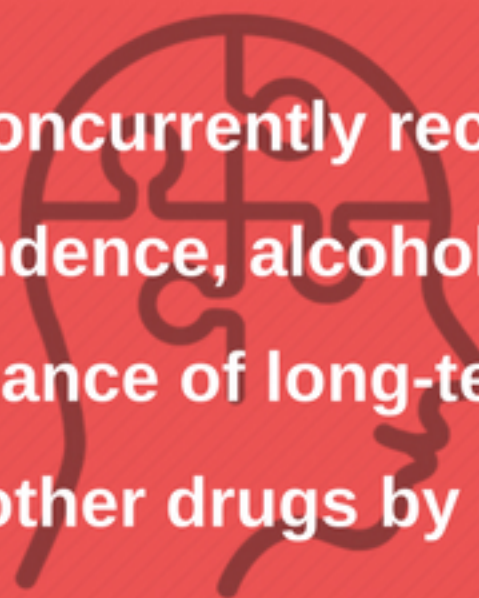
5 -to-10 YEARS

earlier than the general population



SMOKING IS THE BIGGEST KILLER FOR THOSE WITH A MENTAL ILLNESS OR SUBSTANCE USE DISORDER

When individuals concurrently receive treatment for both nicotine dependence, alcohol, and other drugs, they increase their chance of long-term abstinence from alcohol and other drugs by up to **25%**



quitting helps with depression, anxiety, stress & mood



those with a behavioral health condition who smoke **CAN** quit and are able to do so successfully