

Myth: Persons with mental illness and substance abuse disorders don't want to quit.

Fact: The majority of persons with mental illness and substance use disorders want to quit smoking and want information on cessation



services and resources.

[2,3] Smokers are more than 2x likely to quit for good with the help of tobacco cessation medications and counseling services.

SMOKERS ARE
**2X MORE LIKELY TO
QUIT FOR GOOD**
WITH MEDICATIONS & COUNSELING SERVICES

[2] Acton et al. Depression and stages of change for smoking in psychiatric outpatients. Addictive Behaviors. 2001; 26(5):621-31. [3] Prochaska et al. Return to smoking following a smoke-free psychiatric hospitalization. Am J Addiction. 2006; 15(1):15-22.

SMOKING CESSATION

Get the Facts: Smoking Cessation and Mental Illness



Myth: Persons with mental illness and substance abuse disorders can't quit smoking.

Fact: Persons with mental illness and substance abuse disorders can successfully quit using tobacco at rates similar to the general population.[10]

Myth: Tobacco is necessary for self-medication. Residents need to smoke to manage their mental illness.

Fact: Tobacco is the number one cause of death. Nicotine has powerful mood-altering effects that can change how people living with mental illness think and feel. Behavioral health populations who smoke can have more severe symptoms, poorer well-being and functioning, increased hospitalizations and are at greater risk of suicide.[10]

**TOBACCO IS THE
#1 CAUSE OF
DEATH**

[10] Heiligenstein E, Smith SS. Smoking and mental health problems in treatment-seeking university students. *Nicotine & Tobacco Research*. 2006;8(4):519-23

Myth: Smoking cessation will threaten recovery for persons with substance use disorders.

Fact: Smoking cessation can enhance long-term recovery for persons with substance use disorders. For example, if someone quit smoking at the same time they are quitting drinking, they can have a 25% greater chance of staying clean and sober.[11]



[11] Prochaska, Judith J; Delucchi, Kevin; & Hall, Sharon M. A meta-analysis of smoking cessation interventions with individuals in substance abuse treatment or recovery.. *Journal of consulting and clinical psychology*. 2004; 72(6), 1144 - 1156. Retrieved from: <http://escholarship.org/uc/item/0r8673wv>