

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>