Smoking and Behavioral Health

More attention is needed to help people with mental illness quit smoking.¹

1 in 4 adults have some form of mental illness or substance use disorder.¹

About 40% of Illinois adults with mental illness or substance use disorder smoke cigarettes.²

Nicotine has mood-altering effects that put people with mental illness at a higher risk for cigarette use and nicotine addiction.¹

Tobacco smoke can interact with and limit how well medication works for certain medications taken by mental health and substance abuse patients.¹

The tobacco industry develops relationships with and gives money to organizations that work with mentally ill patients.¹

More adults with any mental illness reported current use of tobacco products compared to adults with no mental illness.¹

Culturally appropriate smoke-free health marketing strategies and mass media campaigns can help reduce the burden of disease among people with mental illness.²

With careful monitoring, quitting smoking does not interfere with treatments for mental illness and can be part of the treatment.¹

Mental health facilities should consider creating and implementing smoke-free policies which prohibit tobacco use among employees and patients.

Sources