

MENTAL ILLNESS AND SMOKING CESSATION



In the U.S., people with mental illness who smoke die an average of **15 years** earlier than people without mental illness who do not smoke.

Here's what you need to know about quitting when you have a mental illness.

CHALLENGES OF QUITTING



Quitting rates in recent years have been **significantly lower** among people with a mental illness.



Having a mental illness is a risk factor for **relapse to smoking**, even for those who have avoided using tobacco for more than a year.



Only **62%** of psychiatrists ask about tobacco use and/or advise their patients to stop smoking.

DECIDING TO QUIT



About **70%** of people with mental illness who smoke say they want to quit smoking.



Quitting smoking can **reduce depression, anxiety and stress**, as well as improve mood and quality of life.



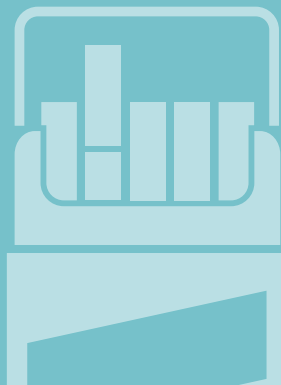
Cessation treatments, like nicotine replacement therapy and prescription medications, are safe and effective for people with mental illness.



Simultaneous treatment for mental illness and smoking cessation results in the most success for quitting.

\$2,292
PER YEAR

A one pack per day smoker can save \$44 per week, \$188 per month and \$2,292 per year by quitting smoking.



Calculate how much money you will save at <https://smokefree.gov/quit-smoking/why-you-should-quit/how-much-will-you-save>