Date:

Mental Health and Tobacco



Did you know? 25% of adults (1 in 4) have a mental health and/or substance use disorder.



Those people smoke about 40% of all the cigarettes that adults smoke.

Does this mean if you smoke, you have a mental health or substance use disorder? No. It does mean that if you have a mental health disorder or substance use disorder, you are more likely to smoke.

But that does NOT mean you have to KEEP SMOKING. You can quit!

You may have more challenges or setbacks when it comes to quitting smoking. You will be more successful if you have support to help you through it.



Write down the names of people in your life who can be there for you if you are struggling with staying on track to quit smoking

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If you're ready to quit, call Quit Now Indiana at 1-800-QUIT-NOW (1-800-784-8669) or log on to equitnow.com for free, personalized support.