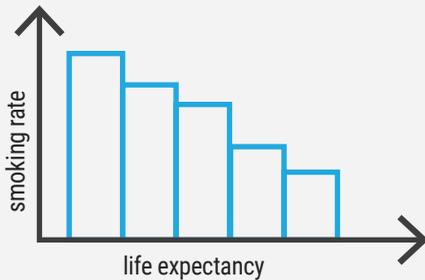


LEARN ABOUT THE CONNECTION BETWEEN TOBACCO USE AND BEHAVIORAL HEALTH

Why is Provider Intervention Important?



Americans with behavioral health disorders smoke at higher rates and die an average of five years earlier compared to the rest of the population in the United States. Smokers with behavioral health disorders may die from smoking-related diseases more frequently than from drug or alcohol-related issues.



Individuals suffering from behavioral health disorders often believe that tobacco use will help them manage and cope with their struggles.

40%

This population is most likely to be physically dependent on nicotine, less successful in their overall quit attempts, and consume almost 40% of all cigarettes smoked by adults in the United States.



When people quit tobacco, their overall mental health improves, including decreased anxiety, stress, and depression.



Quitting tobacco promotes abstinence from other substances, lowers the risk for relapse, and reduces overall substance abuse.

Tobacco Industry's Influence On Behavioral Health Population



Tobacco companies are guilty of developing relationships with behavioral health organizations for their gain.



Tobacco companies funded medical research hypothesizing that tobacco use helps with behavioral health disorders. In reality, nicotine has been proven ineffective as a treatment.



Tobacco companies have provided free or cheap cigarettes to individuals in behavioral health facilities.



The tobacco industry has supported efforts to block smokefree policies at behavioral health facilities.

How to Team Up to Quit

Quitting tobacco does not interfere with behavioral health treatment and does not worsen or stop an individual's recovery.

In fact, it can help with recovery.

Use the 2 A's and an R:

- ▶ **Ask** your patients if they currently use any form of tobacco.
- ▶ **Advise** your patients in a clear, strong and personalized manner to consider quitting tobacco.
- ▶ **Refer** your patients to Tobacco Free Florida's Quit Your Way program, which offers free and evidence-based tools and services to all Floridians.

For more information about what you can do to support your patients, visit tobaccofreeflorida.com/healthcare.

