

# MENTAL HEALTH = MENTAL WEALTH:

Overcoming the Influences of Tobacco on the Mind



People with behavioral and mental health conditions are especially **susceptible to the effects of tobacco.**

**Tobacco Free Florida** is highlighting positive ways to cope without tobacco and provide Floridians with cessation support while on their **quit journeys.**

## THE FACTS



Individuals with a behavioral health condition are **more likely to smoke** than people without such a condition.



Nearly **25% of adults** in the United States have a mental health or substance use disorder and these adults consume almost **40% of all cigarettes smoked by adults** in the U.S.

## MENTAL HEALTH

Tobacco and nicotine use can lead to negative health consequences among individuals with mental and/or behavioral health conditions.



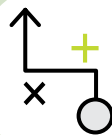
- + People with behavioral health conditions **die about five years earlier than people without such conditions**, and more than 50% are from tobacco-attributable diseases.
- + Nicotine has not been found to directly cause mental health conditions, but vaping and nicotine **could worsen symptoms of depression and anxiety**.
- + Nicotine has **mood-altering effects that can temporarily mask the negative symptoms of mental health disorders**, putting people with such disorders at higher risk for cigarette use and nicotine addiction.

## MENTAL WEALTH

If you are a smoker who wants to quit, there are important tips that can help.



**Set a quit date**, ideally within two weeks.



**Anticipate challenges**, such as nicotine withdrawal, particularly during the critical first few weeks.



**Remove tobacco products** from your home, car, and workplace.



**Ask others not to smoke around you.** Allowing them to smoke around you can make it harder for you to quit.



**Avoid drinking alcohol** while you're quitting cigarettes. Drinking alcohol can trigger cravings for a cigarette.



**Identify reasons** for quitting and the benefits of quitting.



Learn more by visiting  
[TobaccoFreeFlorida.com/MentalHealth](https://TobaccoFreeFlorida.com/MentalHealth).

