

# 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**.

## TOBACCO USE AND MENTAL HEALTH

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

- + Smoking is a leading cause of death and disability in behavioral health populations.
- + People with behavioral health conditions die about five years earlier than people without such conditions, and more than 50% are from tobacco-related diseases.
- + Smoking can exacerbate mental health symptoms and complicate treatment.
- + Big Tobacco Companies are aware of how vulnerable individuals with mental health conditions are to nicotine, which has led to a history of targeted marketing to this population.

## WHAT YOU CAN DO FOR YOUR MENTAL HEALTH

**There are many ways to cope with high amounts of stress without tobacco use.**

**Tobacco Free Florida is here to help.**

- + Quitting smoking improves your mental health and is associated with a decrease in depression, anxiety, and stress.
- + Find alternatives to smoking when having anxiety or feeling stressed, such as speaking with a licensed therapist, picking up a new hobby, stepping out for fresh air or spending time with friends.
- + Help stop the social stigma behind seeking mental help and support.
- + Have open conversations about tobacco use and behavioral health conditions with your healthcare provider or licensed therapist.



Learn more by visiting

**[TobaccoFreeFlorida.com/MentalHealth](https://TobaccoFreeFlorida.com/MentalHealth)**.



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