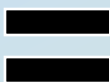


MENTAL HEALTH



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.**

Team up with **Tobacco Free Florida** and encourage patients with mental health conditions to **quit tobacco.**

TOBACCO USE AND MENTAL HEALTH

Tobacco and nicotine use can lead to negative health consequences among individuals with mental and 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.
- + Quitting smoking **does not interfere with behavioral health treatment** and does not worsen or impede recovery from substance use disorders.

HOW HEALTHCARE PROVIDERS CAN PLAY A ROLE

Healthcare Providers can have a big impact on how successful their patients are in quitting tobacco.

- + Quitting smoking **improves mental health** and is associated with a decrease in depression, anxiety, and stress.
- + Urge patients with behavioral health and/or mental health conditions to **quit tobacco and refer them to Tobacco Free Florida.**
- + Encourage current tobacco users to **find alternatives to smoking** when having anxiety or feel stressed, such as picking up a new hobby, stepping out for fresh air or spending time with friends.
- + Lack of access to healthcare **can affect a person's mental health** when it comes to tobacco and nicotine use.



Learn more by visiting
TobaccoFreeFlorida.com/MentalHealth.



**Florida
HEALTH**