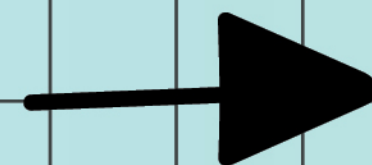
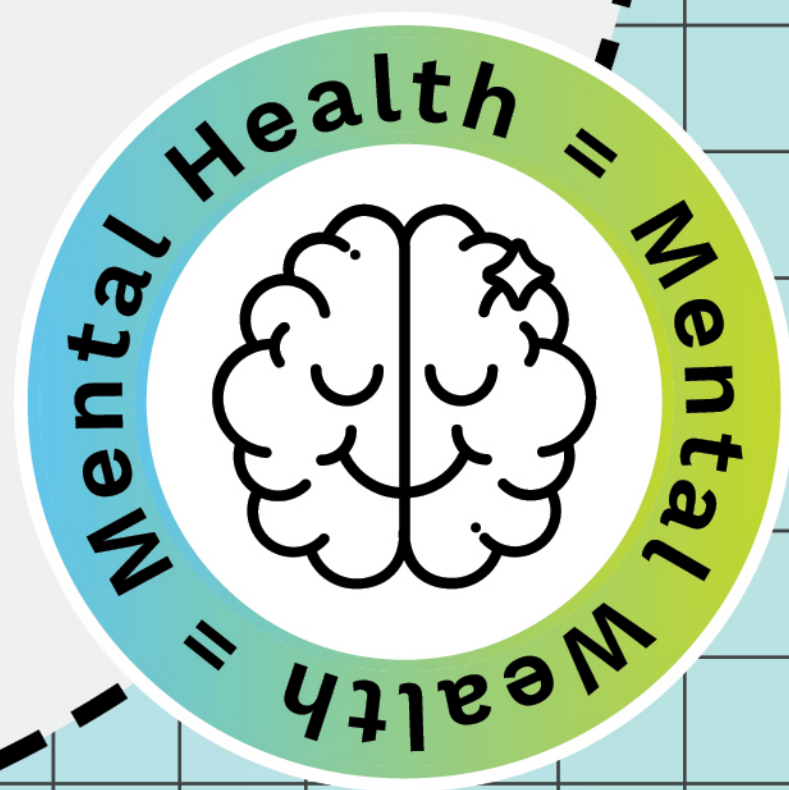
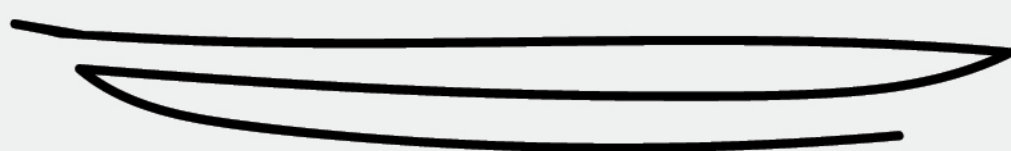


Healthier ways to manage stress



Talk to a licensed **therapist** or **counselor**



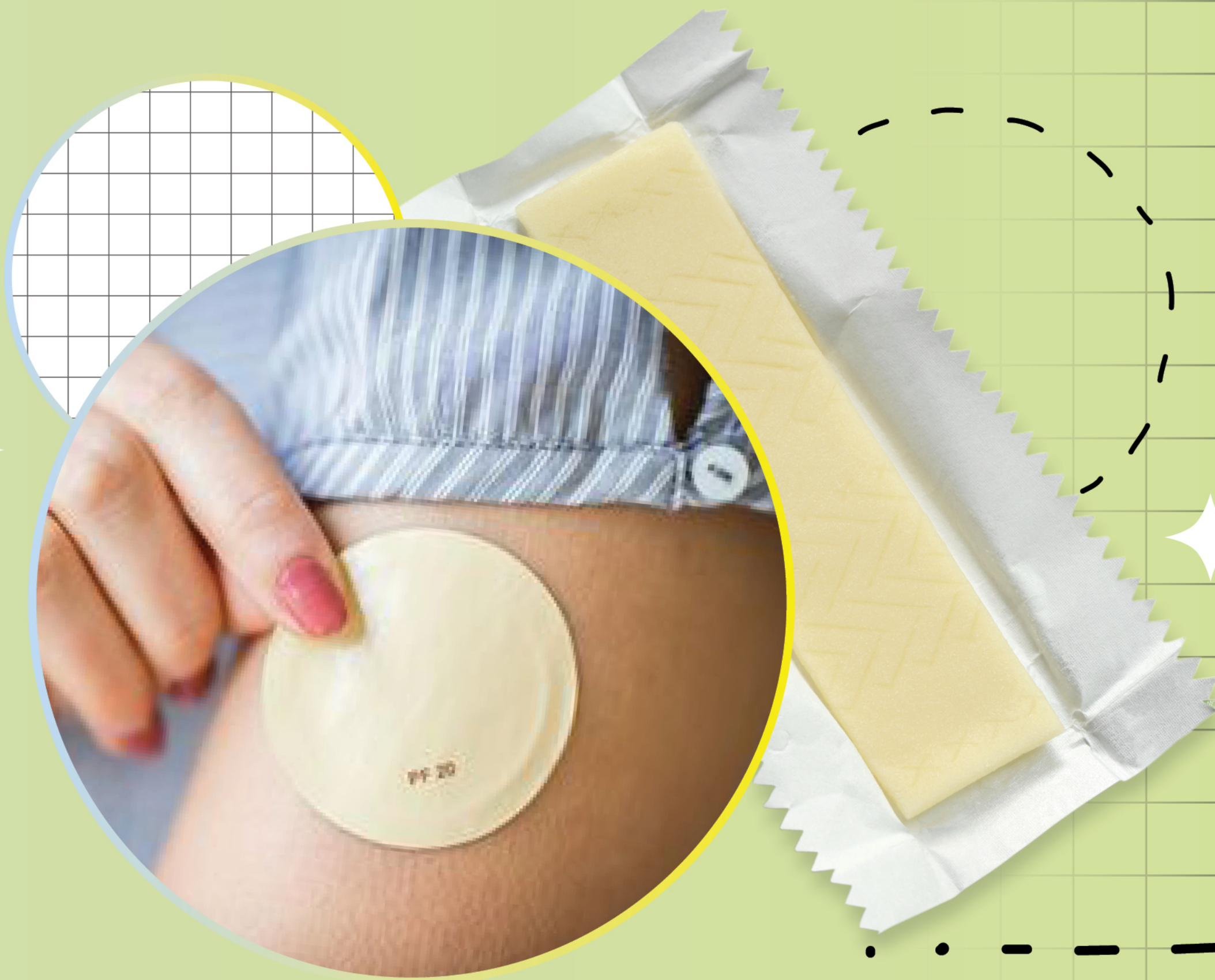
Practice relaxation
techniques, like
meditating or yoga



Hang out with friends



Quit smoking with Tobacco Free Florida's resources





MENTAL HEALTH = MENTAL WEALTH:

Learn more by visiting
TobaccoFreeFlorida.com/MentalHealth





Almost

40%

of all cigarettes smoked by
U.S. adults are consumed by
people with mental health or
substance use disorders.





Big Tobacco companies
prey on **vulnerable individuals**
with mental health disorders and
addictions related to **nicotine.**



**Quit
smoking.
Improve
your
mental
health.**

