

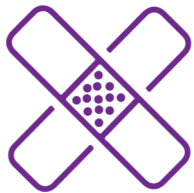
Tobacco Use, Mental Illness & Substance Use Disorders

what's the link?

CAMH Nicotine Dependence Services Fact Sheets

How is my tobacco use connected to mental illness/substance use?

There are many reasons why individuals with mental illness and substance use disorders begin and continue to use tobacco:



Self-medication

Some use tobacco to cope with the side effects of their illness or other medications.



Health system

Some professionals believe that these individuals are not interested in quitting.



Social circumstance

Some are surrounded by others who smoke (e.g. in group homes or while in treatment).



Tobacco industry

These individuals are specifically targeted by industry marketing.

Up to **90%** of those with alcohol or substance use disorders also smoke cigarettes.

44% of cigarettes smoked in North America are consumed by individuals with mental illnesses.

Why should I quit using tobacco?

Individuals who use tobacco are more likely to die from their **tobacco use** than their mental illness or substance use.

Quitting tobacco may lead to:

- Reduced use or abstinence from alcohol, cannabis, and other drugs
- Improvement in symptoms of depression, anxiety, stress, and overall mood



Did you know?

1 in 4 individuals receiving addictions treatment want to quit all substances.

How can I quit using tobacco?

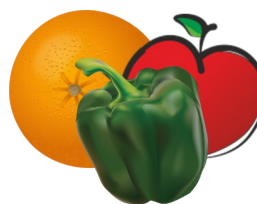
When you are ready, here are a few ways to get started:



Talk to a health professional.



Join a support group.



Eat well.



Stay active.

Resources

- [Smoker's Helpline \(1-877-513-5333\)](https://www.1877-513-5333)
- [CAMH Mental Health & Addiction Information A-Z \(www.camh.ca\)](http://www.camh.ca)
- [Tobacco Atlas \(www.tobaccoatlas.org\)](http://www.tobaccoatlas.org)