

# You Can Quit: Quitting Tobacco Benefits Mental Health



## Did you know?

People who have a behavioral health disorder or mental illness use tobacco products at a higher rate than people without these conditions.<sup>1</sup>

**You are not alone.**

Over **70%**

of people with a mental health condition who use tobacco products **would like to quit.**<sup>2,3</sup>



## Quitting helps to heal your body and your mind.

Quitting tobacco is one of the best things you can do for your health.

Using tobacco raises your risk for lung and heart disease, stroke, and cancer.<sup>4</sup>

**Quitting tobacco can help your lungs and your heart.<sup>3</sup> It can also:**

- ✓ Improve long-term recovery from substance use disorders.<sup>5</sup>
- ✓ Decrease depression, anxiety, and stress.<sup>6</sup>
- ✓ Improve the effectiveness of some psychiatric medications.<sup>5</sup>

## Quitting keeps your loved ones safer.

- Secondhand smoke is the smoke from tobacco products and the aerosol from e-cigarettes or vapes.<sup>7</sup>
- This smoke has toxins that cause cancer and other diseases.<sup>3</sup>
- There is no safe level of exposure to secondhand smoke.<sup>3</sup>
- When you quit using tobacco products, you protect yourself and your family and friends from secondhand smoke.



## You can get help for quitting.

Quitting is never easy. Most people must try more than once to quit.

### **You don't have to quit alone.**

A treatment plan, some medications, nicotine replacement therapy, or telephone counseling can help you quit for good.<sup>2,3</sup>

## Contact **Kick It California** to get free, confidential, personalized help to quit tobacco and nicotine.

- ✓ **Visit** [kickitca.org](https://kickitca.org)
- ✓ **Call** 1-800-300-8086
- ✓ **Text** "Quit Smoking" or "Quit Vaping" to 66819
- ✓ **Download** the Kick It California Mobile App  
Kick It: Quit Smoking | Vaping



## Sources

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