

Living with a Mental Illness and Smoking?

Ever thought about cutting down or quitting...tobacco?



31% of ALL CIGARETTES are smoked by adults with mental illness

\$2,190

Money saved in a year, if you cut down by 1-pack a day



1 in 3 people with mental illness smoke

Many things get in the way

priority
stress
addiction
tobacco
insurance
anxiety
money
recovery
nicotine
housing

Even More Challenges

Mental health providers don't always consider tobacco use a priority, and there has been a history of practices that encourage tobacco use for clients and staff

– As many as 1 in 3 of the behavioral health staff smoke!



Free cigarettes to:
Behavioral Health Providers

More money for the tobacco industry when people are addicted



Less money for people and communities



Medications and Tobacco

Tar in cigarettes slows down metabolism, and affects how well some medication work. That means you may be taking more medication than you need.



Reducing your tobacco use can help you **take less** of these medications:

- Haloperidol
- Chlorpromazine
- And others!
- Olanzapine
- Clozapine

Get Support

Work with a provider to carefully track your medications when you change your smoking.

Make quitting tobacco part of an approach to mental health treatment and overall wellness.




The California Smokers' Helpline can support ALL people with their quit attempts.

FREE! No Appointments Needed! No need to go anywhere!

Support for Changing Your Tobacco Use

A complete list of stop smoking programs in San Francisco resources can be found at:

<http://sanfranciscotobaccofreeproject.org/you/>

QUIT SMOKING PROGRAMS & CLASSES	San Francisco General Hospital Stop Smoking Program Quit smoking classes for San Francisco residents. (415) 206 – 6074		
	California Smoker's Helpline FREE phone counseling for California residents in many languages. Some may be eligible for free medication. 1 – 800 - NO – BUTTS www.nobutts.org		
	Coalition of Lavender-Americans on Smoking & Health (CLASH) Stop-smoking group classes for LGBT people and people living with HIV (415) 339 – STOP (7867) http://tinyurl.com/CLASHsmoking		
	Nicotine Anonymous In-person, on-line, and call-in meetings. http://www.nica-norcal.org/		
MOBILE/APPS		QuitGuide (CDC) FREE smartphone app tracks your cravings and moods, monitors your progress toward milestones, helps you develop strategies to deal with triggers, and more. http://tinyurl.com/CDCquitguide	 
		Stay Quit Coach (US Department of Veterans' Affairs) FREE smartphone app with information about quitting, interactive tools, motivational messages and support https://mobile.va.gov/app/stay-quit-coach	
		quitSTART FREE smartphone app with tailored tips, use tracking, inspiration, and fun challenges. http://tinyurl.com/quitSTART	 
		Addicaid – Addiction Recovery Support + Group Finder FREE smartphone app that can help you find meetings, and track your daily use and urges, and customizable goals for various addictions, including nicotine. Stay motivated, inspired and supported by a like-minded community. http://www.addicaid.com/	 
	Text QUIT to 47848 , answer a few questions, and you'll start receiving FREE 24/7 quit help messages texted to your phone!		