

# Tobacco, Mental Illness & Substance Use Disorders

## *what's the link?*

### CAMH Nicotine Dependence Services Fact Sheets

## How is 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 \(1 877 513-5333\)](#)
- [CAMH Mental Health & Addiction Information A-Z \(camh.ca\)](#)
- [Tobacco Atlas \(tobaccoatlas.org\)](#)



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