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

- **Self-medication**
  Some use tobacco to cope with the side effects of their illness or other medications.
- **Social circumstance**
  Some are surrounded by others who smoke (e.g., in group homes or while in treatment).
- **Health system**
  Some professionals believe that these individuals are not interested in quitting.
- **Tobacco industry**
  These individuals are specifically targeted by industry marketing.

Up to 90% of those who smoke also use 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 addiction treatment want to quit all substances.

**Resources**

- **Smoker’s Helpline** (1 877 513-5333)
- **CAMH Mental Health & Addiction Information A-Z** (camh.ca)
- **Tobacco Atlas** (tobaccoatlas.org)

**Tobacco use connected to mental illness/substance use?**

**How is tobacco use connected to mental illness/substance use disorders and continue to use tobacco?**

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**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.
- Stay active.
- Eat well.

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