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.

- **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 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 (www.camh.ca)
- Tobacco Atlas (www.tobaccoatlas.org)

Interested in learning more? For more fact sheets, visit the Resources section at www.teachproject.ca.