Tobacco Use & Mental Health Concerns

Smoking is the #1 cause of disease and death for people with mental health concerns.

Mental Health-Related Smoking Rates

- 36% of adults with mental illness
- 17% of adults with no known mental illness
- 31% of all cigarettes sold are smoked by adults with mental illness
- 34% vs. 40% of adults with mental illness vs. adults with no known mental illness

Trends Among Those with Mental Health Concerns

- People with mental health concerns are targeted by tobacco companies.
- People with serious mental illness die up to 25 years earlier than others.
- Smoking harms nearly every organ in the body.

Tips for Quitting

- Work with a quit coach and use quit medications to have the best chance of quitting for good.
- You can quit. People with mental health concerns quit tobacco at the same rate as others.
- Don’t give up. It takes an average of 7-10 tries to quit for good.

For more information, visit njhealth.org/quitbaccohelp