

STRONGER TOGETHER

BEHAVIORAL HEALTH & TOBACCO

- **Make quitting part of your recovery journey.** Many people living with a mental illness or substance abuse issues want to quit smoking, but face extra challenges. You can do it, and we can help. Visit your nearest Louisiana Human Service Authority or call 1-800-QUIT-NOW today.
- **Quitting while receiving treatment.** Quitting smoking during substance abuse treatment is linked to an increase in long-term sobriety and does not interfere with an individual's recovery. Many find that after a while, they feel less stressed and their mood improves. Let your doctor or mental health provider know when you're ready to quit!
- **Don't feel left behind.** Many public places, worksites, apartments, and treatment centers in Louisiana have rules limiting or eliminating smoking or using tobacco, including the use of electronic cigarettes. Now is the time to stand Stronger Together in our fight against tobacco.



1 in 4 adults in the U.S. has some form of a behavioral health condition

People living with mental health or substance abuse issues smoke

40%

of ALL cigarettes sold in the U.S.!



30.5% of adults with mental illness reported current use of cigarettes

COMPARED TO **18.4%** OF ADULTS WITH NO MENTAL ILLNESS



Quitting smoking on average can save you **\$1,710** a year!



All Louisiana residents deserve the opportunity to live a healthy, tobacco-free life, regardless of their race, education level, gender identity, sexual orientation, the job they have, the neighborhood they live in, or whether or not they have a disability. **For help in quitting smoking or using tobacco, call 1-800-QUIT-NOW or visit QuitWithUsLa.org.**

QUIT WITH US, LA
— LIVE LIFE —
TOBACCO-FREE