BEHAVIORAL HEALTH & TOBACCO

Get the facts!

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 (1-800-784-8669).

Quitting while receiving treatment.

Quitting tobacco during substance abuse treatment is linked to an increase in long-term sobriety and does not interfere with 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 against smoking or tobacco, including the use of electronic cigarettes. Now is the time to stand Stronger Together in our fight against tobacco.



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.



Sources: 1. National Survey on Drug Use and Health, 2016. 2. Substance Abuse and Mental Health Services Administration (SAMSHA), 2016. Enhance your state's tobacco cessation efforts among the behavioral population: A behavioral health resource. Retrieved from: https://smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/sites/smokingcessationed/files/State%20 TA%20Resource%200n%20Tobacco%20Cessation%20BH_June%202016_final.pdf 3. Campaign for Tobacco-Free Kids, 2018. Immediate smoker saving from quitting in each state. Retrieved from: https://www.tobaccofreekids.org/assets/factsheets/0337.pdf 4. National Institute on Drug Abuse, SAMSHA. Smoking cessation therapies benefit substance use disorder clients. Retrieved from: https://smokingcessationleadership.ucsf.edu/sites/smokingcessationleadership.ucsf.edu/sites/Smokingcessationleadership.ucsf.edu/sites/Smokingcessation-During-Treatment-Info-graphic_NIDA_%26_SAMHSA.pdf

1 in 4

U.S. adults has some form of a behavioral health condition

People living with mental health or substance abuse issues smoke



of ALL cigarettes sold in the U.S.!