

Trying To Improve Your Mental Health?



Did You Know ?

Tobacco use contributes to stress, anxiety, and depression.

Want To Feel Better?

People often think that using tobacco helps them deal with stress, anxiety, and depression.

We know now, that this is a myth!

Studies show that when people stop using tobacco, their levels of anxiety, depression, and stress actually **decrease**.¹



Smoking affects your body's ability to process medication. This results in needing to take more medication to get the same results.¹ You may be able to reduce some of your medications, with a provider's guidance, when you stop smoking.

Take a step toward improving your mental health by addressing your tobacco use.

Lung Mind
Alliance

Your counselor or other health care provider is here to support you. Ask them for assistance quitting tobacco.

Tobacco in this document refers specifically to the use of manufactured commercial tobacco products, and not to the sacred, medicinal, and traditional use of tobacco by American Indians and other groups.

Reference:

1. Centers for Disease Control and Prevention (2004). Tobacco Use and Quitting Among Individuals With Behavioral Health Conditions. Centers for Disease Control and Prevention, accessed March 3, 2020, www.cdc.gov/tobacco/disparities/what-we-know/behavioral-health-conditions/index.html#:~:text=Smoking%20is%20associated%20with%20worse,%20and%20alcohol%20use%20relapse.