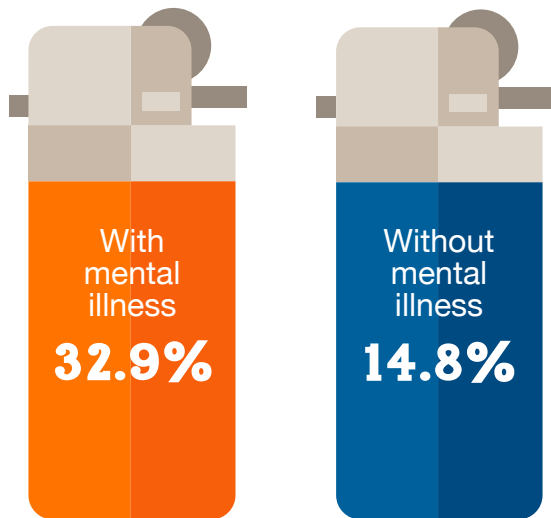


# INDIVIDUALS WITH MENTAL HEALTH CONDITIONS AND TOBACCO'S BURDEN IN COLORADO



## IN COLORADO

Adults with mental illnesses\* smoke **MORE THAN 2X THE RATE** of adults without these conditions.\*\*

**FACT:**  
People with mental illnesses smoke about one-third of all cigarettes sold.

**FACT:**  
Tobacco dependence is a chronic condition and cessation often requires multiple quit attempts.



## RECOVERY

Individuals with mental health conditions want to quit smoking at the same rate as adults without those conditions. Smokers addicted to other substances are **25% MORE LIKELY** to succeed in recovery of all addictions if tobacco use dependence is treated concurrently.



## FORTUNATELY:

QuitLine staff are trained to help individuals with mental health conditions to quit—and those who use recommended tobacco cessation medications and attend all recommended counseling sessions are more successful in their quit attempt.



## PROMOTE & SUPPORT TOBACCO CESSATION

### MENTAL HEALTH FACILITIES

- Establish tobacco-free policies in all treatment and residential settings.
- Include tobacco use treatment as part of comprehensive mental health and wellness services.

### MENTAL HEALTH AND MEDICAID PROVIDERS

- Implement Clinical Practice Guidelines with every patient contact.
- Train all staff in implementing the 5 A's: Ask, Advise, Assess, Assist and Arrange follow-up.
- Follow up with patients to support long-term abstinence.

### IF YOU HAVE MENTAL HEALTH CONDITIONS

- Talk with healthcare providers about quitting tobacco.
- If taking medications, talk with your doctor because quitting may impact your dosages.
- Call the Colorado QuitLine 1-800-QUIT-NOW for help to quit.

\* Mental Illness: Adults who report having a diagnosed mental illness or report that their activity is limited by a mental or emotional condition.  
\*\*Adult Tobacco and Attitudes Behavioral Survey (TABS) 2012