



## Why do so many consumers with mental illness smoke?

There is no easy answer as to why so many people living with mental illness smoke. Smoking is a complex problem made up of biological, psychological and social/environmental factors.

### **BIOLOGICAL FACTORS (Physical/ Brain Functions)**

People living with a mental illness may be at increased risk for physical addiction to smoking.

Nicotine may help improve mood, or mental functions like attention, memory or learning, in some people diagnosed with mental illness.

### **PSYCHOLOGICAL FACTORS (Thinking/ Feeling)**

People diagnosed with a mental illness may not feel confident that they can quit.

People diagnosed with a mental illness may rely on smoking to help them cope with stress.

### **SOCIAL FACTORS (People/ Places/ Things Around You)**

Smoking is common in and around mental health hospitals, treatment centers and group homes.

People with a mental illness may feel like it is easier to talk with others and be around others when they are smoking.

Why do you believe so many people with mental illness smoke?

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What reason or factor do you feel made you want to smoke?

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**IMPORTANT POINTS TO REMEMBER**

Tobacco addiction is the most common substance abuse disorder for people with mental health problems.

People diagnosed with a mental illness are three times more likely to be a smoker than people without a mental illness.