

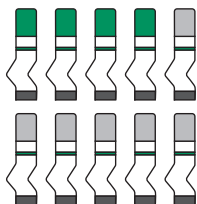
SMOKING

is much more
common in
adults with
mental health
issues.



1 IN 3

About 1 in 3 adults (28.0%) with a mental illness smoke cigarettes, compared with 18.4% of adults with no mental illness.



4 IN 10

About 4 out of every 10 cigarettes (44.3%) smoked by adults are smoked by adults with a mental health illness or substance use disorder.



1 IN 5

Nearly 1 in 5 adults (or 46.6 million adults) have some form of mental illness.

Source: CDC Smoking & Tobacco Use | NAMI | NIHMH



@TakingTexasTobaccoFree



@TTTF_ @HEALTHuh



Taking Texas Tobacco Free

visit: www.takingtexastobaccofree.com

HEALTH
Research Institute

Helping Everyone Achieve a LifeTime of Health

QUITTING SMOKING

is one of the best things you can do for your health.
Quitting is often hard and many people need help.



HOW TO GET HELP

- Ask your doctor or mental health provider for help to quit.
- Call 1-800-QuitNow for free help.
- Visit www.smokefree.gov for a step-by-step quit guide.
- Explore the resources at www.TakingTexasTobaccoFree.com.

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