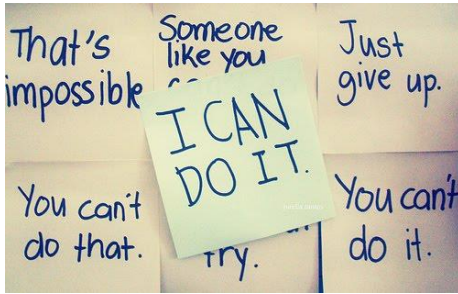


Quitting when you have a mental illness or substance use disorder



If you have a mental health condition or a substance use disorder, you might have been told or think that you can't possibly quit smoking or using other nicotine products. However, it's been proven that people with mental illnesses and/or substance use disorders CAN and DO regularly quit if they are provided access to proven treatments. Not only is quitting important for your physical health, but quitting positively affects your mental health functioning, recovery from other substance use, finances,

employment prospects, and ability to find housing.

- For people living with mental illnesses, research shows that quitting smoking:
 - Reduces anxiety, depression, and stress
 - Increases positive mood and quality of life
- For people with a prior history of a mood or anxiety disorder, research shows that quitting smoking leads to a lower risk for these illnesses reoccurring.
- For people in addiction treatment for other substances, quitting smoking does not interfere with achieving sobriety or recovery, and quitting can help reduce the chances of relapse.

Although quitting is challenging, it's the most important thing you can do for your long-term health. If you use counseling and FDA-approved medication to quit, you will increase your chances of quitting for good. It's **never** too late!

FREE ways to get help with quitting tobacco

- If you have **questions**, want **free information**, or **free in-person, one-one-one coaching** - call MGH Community Health Associate's [Living TOBACCO-FREE](#) at 781-485-6210.
- If you want **free over-the-phone coaching and free nicotine patches** - call the Massachusetts Smoker's Helpline at **1-800-Quit-Now** or **1-800- Déjalo (Spanish)**. Other languages: 1-800-784-8669. Deaf/TTY: 1-888-229-2182. 24 hours a day, 7 days a week. For more information, visit [Make Smoking History](#).
- If you want **free online help with quitting** - visit [Smokefree.gov](#) (also offers **texting** programs) and [BecomeAnEX.org](#).
- If you are a **Partners HealthCare employee**, contact **Partners in Helping You Quit** at 617-724-2205 or [PiHQ@partners.org](#). You may be eligible for free medication or over-the-phone counseling to help you cut down or quit.