Every year, smoking kills about 200,000 people who live with a mental illness.

Almost half of adults (43.4%) in Minnesota who live with a mental illness smoke cigarettes, compared with about 1 in 7 (14.4%) adults in the general population who do not live with a mental illness.

Adults living with mental illnesses represent almost 40% of all cigarette consumption nationally.

Nearly 1 in 5 adults (or 45.7 million) live with a mental illness.

Smoking also increases the breakdown of many psychiatric medications in the body, meaning individuals who smoke may need higher doses. Those who quit are often able to reduce their medication dosage.

People living with mental illnesses CAN successfully quit smoking

- Individuals living with a mental illness are interested in quitting, are able to quit, and have a better chance of quitting successfully when they have access to counseling AND medications.
- With careful monitoring, smoking cessation does not interfere with treatment for mental illnesses and can be integrated into that treatment.
- People living with a mental illness face challenges in quitting smoking and may benefit from extra help to succeed. This may include long-term counseling as well as a longer duration or a combination of cessation medications.

For more information on NAMI Minnesota visit us at: www.namihelps.org

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Sources:
- 2014 Behavior Risk Surveillance System (BRFSS)
- Centers for Disease Control and Prevention
- National Alliance on Mental Illness