

ADDRESSING TOBACCO USE IN THE BEHAVIORAL HEALTH POPULATION



1 IN 3

adults with a **mental illness** are currently **using tobacco**.



5 Years Earlier

People with **mental illness or substance use disorders** will die **5 years earlier** than those without these disorders; many of these deaths are caused by smoking cigarettes.



2 IN 5

people who smoke have a **behavioral health disorder**

OVER HALF

of all deaths among people with mental illness or substance use disorders were a result of **tobacco related causes**. This is **2x** the rate found in the general public.



3 IN 5

people with a substance use disorder **smoke**



1 IN 5

adults in the US have some form of **mental illness**

Behavioral health organizations play a key role in supporting those living with mental illness or substance use disorders by:

- Creating a tobacco-free policy
- Referring those who are quitting to evidence-based treatment
- Screening clients for tobacco use

BREATHE EASY

REDUCING SMOKE EXPOSURE IN MAINE



MAINE
PREVENTION
SERVICES

Maine Center for Disease Control & Prevention
Department of Health and Human Services

Learn more at: BreatheEasyMaine.org