

Smoking and Mental Illness

People with mental illness are two to four times as likely to smoke as those without mental illness. Patients with mental illnesses can successfully quit.

Use these resources to help your patients and to learn more about tobacco use and mental illness.

[Bringing Everyone Along](#) -- A resource guide to help health care professionals adapt tobacco cessation services to the unique needs of tobacco users with mental illness and substance use disorders. (61-page PDF file; **[About PDFs](#)**)

[How to Provide Tobacco Cessation Treatment to Patients with Mental Illness](#) -- Listen to this free AAFP "Ask the Expert" podcast to find out what types of treatment are most effective for this underserved population.

[The National Mental Health Partnership for Wellness and Smoking Cessation](#) -- Web site offers an overview of the partnership and links to presentations, tool kits and articles.

[Smoking Cessation for Persons with Mental Illnesses](#) -- A toolkit from the Colorado Department of Public Health offers step-by-step instructions providers can follow to help their patients quit smoking. (55-page PDF file; **[About PDFs](#)**)

[Facts About Smoking and Mental Health Disorders](#) -- A fact sheet from the Tobacco Cessation Leadership Network.

<http://www.aafp.org/online/en/home/clinical/publichealth/tobacco/mentalhealth.html>