Smoking cigarettes won't help your patients' recovery. Quitting can.

TALK TO YOUR PATIENTS ABOUT QUITTING SMOKING.

Adults with mental health conditions smoke at rates at least twice that of the general population. Many want to quit smoking, and they can, but they need your support.

By including cessation as part of your treatment plan, you can improve more than just their physical health – you can improve their overall mental and emotional well-being.

Your support can help your patients successfully quit smoking and live longer, healthier, tobacco-free lives.

For more information on how you can help your patients quit smoking, visit www.cdc.gov/TipsMentalHealth.

U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
CDC.gov/tips