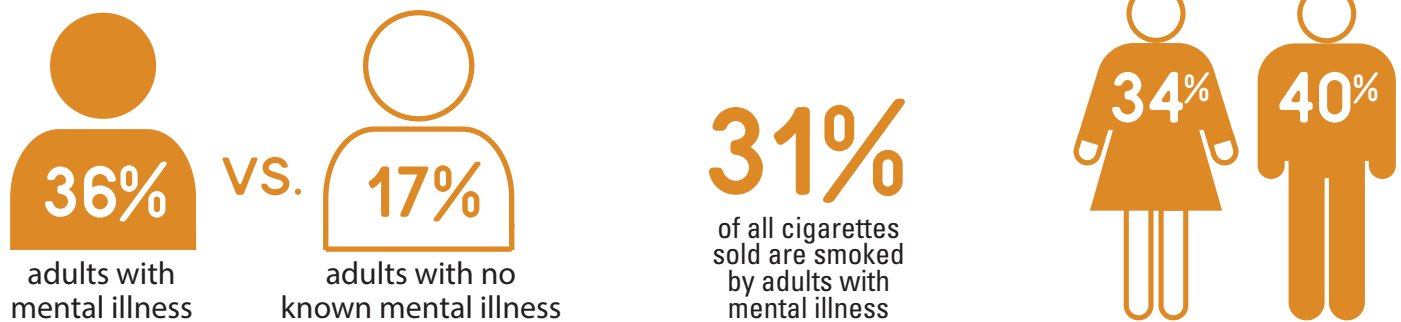


TOBACCO USE & MENTAL HEALTH CONCERNS

Smoking is the #1 cause of disease and death for people with mental health concerns.

MENTAL HEALTH-RELATED SMOKING RATES



TRENDS AMONG THOSE WITH MENTAL HEALTH CONCERNS



People with mental health concerns are targeted by tobacco companies.



People with serious mental illness die up to 25 years earlier than others.



Smoking harms nearly every organ in the body.

TIPS FOR QUITTING

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING FOR GOOD.

YOU CAN QUIT. PEOPLE WITH MENTAL HEALTH CONCERNS QUIT TOBACCO AT THE SAME RATE AS OTHERS.

DON'T GIVE UP. IT TAKES AN AVERAGE OF 7-10 TRIES TO QUIT FOR GOOD.

For more information, visit njhealth.org/quittobaccohelp