

***In the United States, 1 in 3 adults with mental illness smoke cigarettes. But studies show that they want to quit, can quit, may need extra support to do so.<sup>1</sup> 802Quits gives everyone a better chance of quitting.***

- ★ Of the estimated 81,000 smokers in Vermont 40% are impacted by depression.<sup>2</sup>
- ★ 35% of Vermont Quitline callers who reported having a mental health condition told us that their mental health interfered with their quit attempts.<sup>3</sup>

***If I try to quit tobacco now, won't that get in the way of my treatment?***

- ★ We used to think that treating tobacco use would prevent recovery and could even harm mental health.
- ★ Now we know it can be **helpful to quit tobacco as part of mental health treatment.**
- ★ In fact, being tobacco-free improves mental health and reduces depression.



### ***What is Vermont doing?***

- ★ To provide the best setting for recovery, treatment centers in Vermont are going tobacco-free. This will create more spaces where tobacco smoke won't cause cravings or add stress to recovery.
- ★ Most centers will also offer approved quitting medicine like the patch/gum and counseling to support those who are trying to quit.
- ★ You can always call 1-800-QUIT-NOW (1-800-784-8669) or visit [www.802Quits.org](http://www.802Quits.org) to learn more about 802Quits, the free quit-smoking help offered to Vermonters.
- ★ With 802Quits you can choose to get help either in-person from a local quit partner, over the phone, or online. Most people can get free medicine called Nicotine Replacement Therapy which doubles your chance of quitting for good

***You can quit, we can help.***

<sup>1</sup> <http://www.cdc.gov/vitalsigns/SmokingAndMentalIllness/>

<sup>2</sup> 2013 Vermont BRFSS data

<sup>3</sup> Internal data analysis from Vermont's Quitline caller data from July 31, 2013 to March 31 2014