

Tobacco use and people with mental illness

Background

The rate of tobacco use amongst people with mental illness is extremely high and many as a result suffer with poor physical health, disability, reduced life expectancy, poverty and reduced quality of life.

People with mental illness make up 38.8% of all adult smokers and consume at least 42% of all cigarettes sold in Australia.

Access Economics 2007

Many smokers with mental illness are very concerned about their tobacco use and the impact it is having on their life and many want help to quit or reduce. Many need encouragement, information and support from their health workers.

The Tobacco and Mental Illness Project in South Australia has found that with good information and support many people with mental illness are able to quit or reduce their tobacco use.

Talk to your clients with mental illness about tobacco:

If they want to quit, cut back or are just thinking about it, the following may be helpful

- **Your encouragement, support and information**
- **The Quitline, Phone 137 848**
-phone support, information and follow up.
- **Be Smoke Free! Groups, Phone 8200 2009**
-group programs for smokers with mental illness are being run at sites around Adelaide. For more information, Ph: 82002009 or email: maxie.ashton@health.sa.gov.au

For more information:

Training:

- The Tobacco and Mental Illness Project run 1 day workshops for those who work with people with mental illness and want to support them to quit or reduce.
- The project can also present tailored presentations to specific groups.

Written Resources/Video:

- The Tobacco and Mental Illness Project and Quit SA have developed a range of written resources and a video to help people with mental illness to address tobacco. These resources are available from www.quitsa.org.au
 - “**Are you sick of Smoking?**” –A5 brochure
 - “**How can I support someone to address tobacco?**” –A5 brochure
 - “**I’m giving it a go.**” –A4 booklet
 - “**Are you worried about smoking?**” –A4 poster or A5 handout
 - “**Lets call it Quits**” –a video/DVD.

Contact the Tobacco and Mental Illness Project:

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