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## *Del Norte County Library District*

serving you through access to information and resources

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### **DID YOU KNOW?**

#### **Smoking can worsen mental health symptoms and complicate treatment.**

*A message from Del Norte County Public Health Department...*

There used to be a misconception that people with mental illness or substance abuse disorders should not try to quit tobacco. However, with 85% of patients in treatment for opioid addiction also using tobacco, something needed to be done.

A study has shown that when individuals receive treatment for tobacco and other addictions, together, the chances of long term abstinence from all addictions increases by 25%. The myth is that quitting will worsen a behavioral health condition or it's symptoms, and that is simply not true.

Quitting tobacco can help with depression, anxiety, stress and mood. Those with addiction and behavioral health conditions can quit. For those interested in starting their journey to quitting tobacco, visit [www.NoButts.org](http://www.NoButts.org), or call 1-800-No-Butts. There is a way to quit for everyone.

Reference:

<https://www.cdc.gov/tobacco/disparities/what-we-know/behavioral-health-conditions/index.html>

# QUITTING TOBACCO USE AMONG PEOPLE WITH BEHAVIORAL HEALTH CONDITIONS

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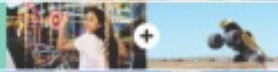


## Quit smoking. Save money.

One week = \$56



One month = \$248



One year = \$2,920



Imagine what you could buy instead?

Sponsored by the Coalition for a Tobacco Free Del Norte



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For educational materials and resources to quit smoking, contact the **Tobacco Use Prevention Program (TUPP)** at Del Norte County Health & Human Services.

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