



Healthy Body
Healthy Mind



Smoking Control Fact Sheet

Face the Facts

43% of people in Western Australia with a diagnosable mental illness smoke, compared to 24% of those who do not have a mental illness. (Duty to Care Report, 2001)

If you have a mental illness and smoke, you are more likely to die from smoking related diseases, such as heart disease and cancer, than the general community. (Duty to Care Report, 2001)



Healthy Body Healthy Mind
2007 Art Project winner
Vivienne Langham

Act Now

Control smoking.

Start by reducing the number of cigarettes you smoke per day and aim to QUIT. You will feel the benefits immediately, breathe easier and feel stronger, not smoking also saves you money.

Many people know that smoking is bad for their health but continue to smoke. There are a number of myths about smoking and mental illness that make it harder to create change.

Dispel the Myths

Do you **agree** or **disagree** with the following statements?

Smoking helps schizophrenia, it is better to smoke than quit.

Disagree, the feedback is that smoking helps to temporarily relieve emotional and physical stress, however there is plenty of evidence that smoking can result in serious illness. Tobacco smoking is also a huge financial burden, with many people with mental illness spending a large percentage of their disability support pension on cigarettes, leaving very little for healthy food, accommodation and other essentials.

If I stop smoking I will put on weight.

Disagree, you may have some weight change, your appetite can increase, and you can smell, taste and enjoy food better. However if you increase your physical activity and eat healthy food while giving up smoking, you can control weight gain.

Why give up now? I have already done the damage, it takes years to reverse the damage of smoking!

Disagree, quit smoking and you will feel the benefits immediately: you will have more energy, increased confidence, save money, breathe easier and generally feel healthier.

Ask for Help

Controlling smoking is a challenge, but many people who live with mental illness have proven that with the right support and information they can reduce smoking and eventually quit.



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5 Top Tips to Control Smoking

- 1. Delay** For a few minutes and the urge will pass
- 2. Do something else** Go for a walk, do something with your hands, like craft
- 3. Drink Water** Carry a water bottle and sip it slowly
- 4. Replace it** Use nicotine replacements and gums.
- 5. Ask for help** See your GP or Call Quit WA **13 7848** or go to www.quitwa.com

You Can Do It

Others have done it, you can do it.

Go to HealthRight Success Stories: www.healthright.org.au/go/success-stories

Quick Links

QuitWA: Call 137848 or go to www.quitwa.com

The Quit Coach: www.quitcoach.org.au

Smoking and Mental Health Resources : www.quitsa.org.au/asp/quitsa_resources.aspx#3

Sane: www.sane.org/information/factsheets/smoking_and_mental_illness.html

Find a GP: www.adgp.com.au/site/index.cfm?module=DIVISION&state_code=WA

Lifescrpts: SNAP into Health Resources: www.adgp.com.au/site/index.cfm?display=5376

Department of Health : www.health.wa.gov.au/health_topics/index.cfm

Control smoking and feel better in the mind and body!