Common Myths About Tobacco Use and Clients in MHSU

“MHSU patients can’t quit smoking.”
Given the right support, clients with MHSU disorders have quit rates similar to the general population.

“It’s more important to treat MHSU clients’ substance abuse.”
Treating tobacco alongside treatment for drug and alcohol use increases long-term abstinence from substance use by 25%.

“MHSU clients don’t want to quit smoking.”
Just like the general population, MHSU clients are often interested in quitting. They may lack support or information on doing so.

“I have more important things to address with my client than tobacco use.”
60% of MHSU clients who smoke will die from their tobacco use, not their mental illness.

“Quitting will worsen my client’s mental illness.”
Quitting tobacco can improve symptoms of mental illness and lead to reduced medication dosages.

“Quitting will increase clients’ aggression.”
Tobacco bans have not led to increased client aggression and/or violent incidents.