

# TOBACCO AND

# MENTAL WELLBEING



Smoking, vaping, and other tobacco use can increase feelings of

- anxiety
- irritability
- depression
- stress


IN THE LONG TERM,  
QUITTING NICOTINE  
IMPROVES YOUR MENTAL  
WELLBEING.

Interested in quitting or  
reducing nicotine?  
We're here to help.



Make a customized Quit Plan, chat live  
with or call a Quit Coach, and get  
support from our community.



 1-877-455-2233

 [quitnow.ca](https://quitnow.ca)