

Smoking and mental health

- **Mental health** is about how people think, feel and respond to the people and situations they live and work in.
- Just like smoking can change the body, smoking can also change a person's **mental health**.
- Smokers may feel that smoking makes them feel better — this is usually because they are addicted to the cigarettes. But often after smoking for a long time, smoking can make people feel more depressed, angry and anxious.
- If they start to feel like this, they may need to talk with a health worker who can help.
- Smoking can also make someone with a **mental health** problem feel worse.
- Smoking can affect the way some **mental health** medicines work, so people who smoke may need to take more medicine than they would if they didn't smoke.
- If people have to take more medicine for **mental health** problems because they smoke, the side effects can also become worse. For example, they may have problems controlling the way their body moves.
- If you have a **mental health** problem, it will help the problem if you don't smoke.



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