

Smoking and mental health

1. All Community Outpatient and Residential Mental Health Care facilities within Queensland Health are smoke-free. Smoke-free Healthcare aims to:
 - reduce the harms associated with tobacco use, including exposure to environmental tobacco smoke, for both smokers and non-smokers
 - encourage and support staff and patients to quit smoking
 - provide a clear and consistent message to the community about the hazards of smoking
 - position Queensland Health as a leader in the promotion of health through the provision of healthier public places and facilities.
2. Why people with mental illness can and do quit smoking?

<https://www.sane.org/mental-health-and-illness/facts-and-guides/smoking-and-mental-illness>

People with a mental illness can, and do, quit smoking, for a number of very good reasons.

Diseases caused by smoking are the second largest killer of people who have a mental illness.

People who change their smoking habits get a real boost in their confidence and feel a great sense of achievement.

Quitting improves people's appearance and hygiene, with stained teeth and fingers and the smell of smoke disappearing.

People who quit smoking may only need a lower dose of anti-psychotic medication.

Those who do quit have more money to spend on enjoyable things like going to the movies as well as essentials like paying the rent or buying food.

3. There is lots of research to demonstrate quitting smoking is good for people's mental health – this is a systematic review that is good – it also has a nice video summarising the results - <http://www.bmj.com/content/348/bmj.g1151>