



UMRHN

UPPER MIDLANDS RURAL HEALTH NETWORK

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Smoking and Your Mental Health

Research shows that people who start smoking are more likely to become stressed and depressed.



Many people who quit find that their mood improves, and they feel less stressed!

THE FACTS

- Tobacco users with a mental health disorder die 25 years earlier than the average American.
- Tobacco users without a mental health disorder die on average only 10 years earlier.
- Individuals with a mental health disorder are 2-3 times more likely to smoke than individuals without a mental health disorder.



Call the hot line: 1-800-QUIT NOW
OR

Go to: www.scdhec.gov/quitforkeeps.

TREAT Yourself!

with the money you save from not buying cigarettes.

UMRHN Community Members

Catawba Community Mental Health Center * Chester County Representative * Chester County School District * Chester Healthcare Foundation * Chester Regional Medical Center * Eau Claire Cooperative Health Center * Fairfield County School District * Fairfield Memorial Hospital * Good Samaritan Medical Clinic * J. Marion Sims Foundation * John A. Martin Primary Health Care * Mid-Carolina AHEC * Midlands Technical College * North Central Family Medical Center * SC Department of Health and Environmental Control * SC Office of Rural Health * Springs Memorial Hospital * York Technical College



Catawba Community Mental Health Center

The Catawba Community Mental Health Center (CCMHC) is one of 17 community mental health centers operated by the South Carolina Department of Mental Health. CCMHC provides mental health services to people of all ages in York, Chester, and Lancaster counties. Services include counseling, psychiatric assessment, medication management, crisis intervention, and other services to those experiencing serious mental illness and significant emotional disorders. For more information, please visit <http://www.state.sc.us/dmh/cmhc.htm>

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