

The FACTs on Tobacco & Behavioral Health

So, what is a behavioral health concern? The term "behavioral health" includes both mental illnesses and substance use disorders. In Wisconsin, 16% of residents suffer from a mental illness (examples include anxiety, depression and eating disorders) and 26% struggle with a substance use disorder (examples include alcohol, stimulant and opioid use disorders).

Teens deal with a lot of stress. This stress can come from school, extracurricular activities, relationships, pressure to succeed, etc. However, some teens not only have to cope with those everyday stressors, but also the additional stress of having a behavioral health concern. Unfortunately, it's not uncommon for individuals who experience that extra stress to turn to tobacco to cope. We want everyone to be healthy, no matter what.

Share the FACTs

FACTivists always take the truth about tobacco to the streets. It's time people knew how tobacco's addictive chemicals and dangerous health effects are harming the lives of those impacted the most.

 <p>Youth suffering from behavioral health concerns are also more likely to use tobacco than their peers.</p>	  <p>Tobacco doesn't relieve stress, it makes stress worse. When a person stops smoking their anxiety and depression actually decrease and their positive mood increases.</p>	 <p>People with behavioral health concerns die about 5 years earlier than those without. Smoking causes many of these deaths.</p>
 <p>40% of all cigarettes are smoked by individuals with behavioral health concerns. We want to reverse this trend.</p>	 <p>Nationally, youth who attend school under the influence of alcohol or illegal drugs are 9 times more likely to smoke cigarettes.</p>	

Send a Message

Share FACT's support of teens who are negatively impacted by tobacco more than others within your socialverse. Or, turn these headlines into posters, billboards, chalkboard messages and other FACTivisms. Just make sure plenty of teens like you can see the message.

<p>Tobacco addiction sucks no matter who you are and what you've experienced. #FACTmovement #HealthEquity #MentalHealth</p>	<p>Smoking doesn't relieve stress, it adds to it. #FACTmovement #HealthEquity #StopTheStigma</p>
<p>Working hard to #stopthestigma - while spreading the truth about tobacco! #FACTmovement #HealthEquity</p>	<p>40% of all cigs are smoked by people with a behavioral health concern. We want to change this for good! #FACTmovement #HealthEquity</p>
<p>Having a behavioral health concern can be tough. The FACT Movement is here to support you! #FACTmovement #HealthEquity</p>	<p>Those who attend school under the influence are 9X more likely to also smoke cigarettes - Scary Stuff! #FACTmovement #HealthEquity</p>



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