



**FOR IMMEDIATE RELEASE**

05/21/2025

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## **NEWS RELEASE**

### **Quit for Your Mental Health**

Millersburg, OH –

In Ohio, one in four adults currently use tobacco products. Cigarettes are the most commonly used product, with 15.0% of Ohio adults smoking in 2023. Cigarette smoke has over 7,000 chemicals, many of which are toxic. These chemicals can cause serious health problems, including cancers and chronic diseases. Smoking can affect nearly every organ in the body. It can also affect mental health and wellbeing.

People who struggle with mental health issues like anxiety or depression are more likely to smoke than those who don't. In Ohio, the smoking rate is twice as high in adults that report frequent poor mental health (26.9%), compared to those that do not (13.2%). Many use tobacco as a way to handle stress or emotional pain. It might feel like smoking helps in the moment, but the relief does not last, and nicotine can actually make mental health worse over time. It can also interfere with medications that are meant to help, making it harder to feel better.

People with mental health and substance use disorders tend to smoke more heavily. In fact, while nearly 25% of adults in the United States have a mental health or substance use disorder, they use 40% of all cigarettes sold in the U.S. On average, they smoke about two more packs a month than people without a mental health condition. Due to this, their physical health can be more greatly affected. The leading causes of death for individuals with mental health conditions are heart disease, cancer, and lung disease, all of which can

result from smoking. People with mental illness are four times more likely to die prematurely if they smoke cigarettes.

Smoking doesn't just hurt your body; it can increase feelings of loneliness, money problems, and shame. But there's good news: quitting smoking can lead to real improvements in both your mental and physical health. It's not always easy, but with the right support, it's absolutely possible and it can be a powerful step toward feeling better overall.

The Ohio Tobacco Quitline can help you quit smoking. The program includes multiple sessions with a trained coach over text, call, or online chat. Coaches help participants develop a quit plan and learn skills for quitting. Coaches are also available nearly 24/7, whenever extra support may be needed. Eligible participants can choose between free nicotine patches, gum, or lozenges. The use of nicotine replacement therapy can increase the chances of quitting successfully by 50%. More resources are available online, including support groups and tools to track progress.

Certain groups may have a harder time quitting than others. Due to this, the Ohio Tobacco Quitline has several program tracks. Tracks provide tailored content, added coaching sessions, and more. Available tracks include pregnancy, youth, American Indians/ Alaskan Natives, behavioral health, and menthol.

The Ohio Tobacco Quitline is free for everyone in Ohio. Take the first step in bettering your mental and physical health. Enroll in the Ohio Tobacco Quitline today by calling 1-800-QUIT-NOW.

*Written by Kristina Hoskins, One-Eighty, and Kelly Dremann, Holmes County General Health District*

There is never a better time to quit than **now**.

There is **free** help available.

▶ **1-800-QUIT-NOW**  
**(1-800-784-8669)**

▶ **ohioquits.org**



Department of  
Health

Tobacco Prevention and Cessation  
Quit Line: [ohioquits.org](http://ohioquits.org)