

# I feel happier.

Quitting smoking  
is linked to  
improved  
positive mood.



## When compared with continuing to smoke, quitting smoking was linked to reduced depression, anxiety, and stress.<sup>1</sup>

The positive effect of quitting is equal to or larger than the positive effect of antidepressant treatment for mood and anxiety disorders.<sup>2</sup>

### FREE AND ANONYMOUS SUPPORT TO HELP YOU QUIT



#### Kick It California

A text program, app, and telephone helpline created

for those 13 and older to quit tobacco.

**[www.kickitca.org](http://www.kickitca.org) | 1-800-300-8086**

**Text 'Quit Smoking' to 66819**

1. Taylor, G., et al. (2014). Change in mental health after smoking cessation: systematic review and meta-analysis. *BMJ (Clinical research ed.)*, 348, g1151. <https://doi.org/10.1136/bmj.g1151>
2. Evins, A.E., Cather, C., Laffer, A. (2015). Treatment of tobacco use disorders in smokers with serious mental illness: toward clinical best practices. *Harvard Review of Psychiatry*, 23(2), 90-98.