About 1 in 4 Mental Health Treatment Facilities Offered Services to Quit Smoking

High rates of smoking among people with mental illness put them at great risk of premature death. Services to help people with mental illness quit smoking can improve their overall health and life expectancy.¹

The National Mental Health Services Survey (N-MHSS) is an annual survey of all known mental health treatment facilities in the United States. In 2010, the N-MHSS collected information from 9,048 mental health treatment facilities on the availability of services to quit smoking. Overall, about 1 in 4 (24.2 percent) facilities offered these services.

The percentage of facilities that offered services to quit smoking varied by treatment setting. These services were offered less frequently by facilities that provided residential treatment only (14.9 percent), outpatient treatment only (17.0 percent), and both outpatient and residential treatment (21.0 percent) compared to other facilities.

All mental health treatment facilities that provide smoking cessation services can play a critical role in helping clients quit smoking. More people who seek mental health care services receive outpatient than inpatient treatment.² Thus, offering smoking cessation programs through outpatient settings would give more mental health clients the chance to quit. The Substance Abuse and Mental Health Services Administration offers a toolkit, Smoking Cessation for Persons with Mental Illnesses, aimed at treatment providers interested in adding or learning about services to help clients quit smoking (http://www.integration.samhsa.gov/Smoking_Cessation_for_Persons_with_MI.pdf).