



Let's talk about smoking

Arizona Smokers' Helpline checklist of questions to ask your healthcare provider

<https://youtu.be/HTueD9Ndl4k>

How may quitting tobacco affect your mental health medication?

Tell your healthcare provider:

- Your plans to quit tobacco
- The type of tobacco and amount that you use each day
- Name and doses of mental health medications that you are currently taking

Ask your healthcare provider:

- How may quitting smoking affect your current mental health medication?
- What side-effects may you experience when you quit tobacco?
- What should you do if you experience side-effects or changes in your mental health when you quit tobacco?
- Will you need more frequent appointments or tests to monitor how quitting may be affecting your medications and mental health?