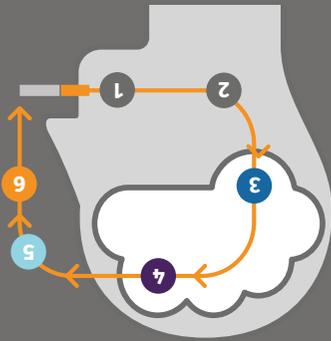




**Did you know that
the smoke – not the
tar, nicotine or carbon
monoxide – from
tobacco can make
lots of different
medications work
less well?**

The development of nicotine dependence

- ① Nicotine delivered by smoking
- ② Nicotine travels to the brain
- ③ Nicotine activates nicotinic receptors which stimulates the release of Dopamine
- ④ Dopamine released, leading to pleasant feelings of calmness and reward
- ⑤ Dopamine levels reduce, leading to withdrawal symptoms of stress and anxiety
- ⑥ Withdrawal triggers desire for another cigarette



Smoking releases nicotine – which in turn changes brain chemistry and sets up a 'reward' pathway to release dopamine. But this 'feel good' factor quickly drops after a cigarette is finished and the withdrawal from nicotine is what can add to – or worsen – anxiety, stress and depression.

Impact

**Know
the impact**

**The effect of smoking on
mental health medications**

**ash
scotland**
Taking Action on Smoking and Health

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Action on Smoking & Health (Scotland) (ASH Scotland) is a registered Scottish charity (SC 010412) and a company limited by guarantee (Scottish company no 141711).
The registered office is 8 Frederick Street, Edinburgh EH2 2HB.

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scotland**
Taking Action on Smoking and Health

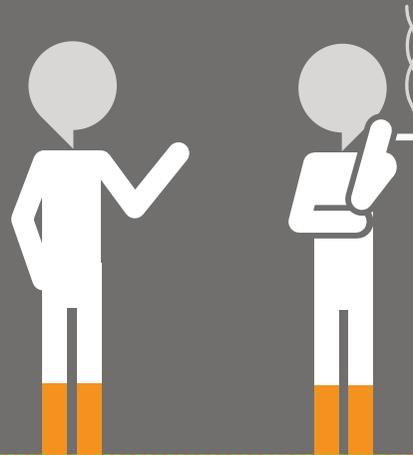
Smoking can reduce the effectiveness of some mental health medications by up to

50%



www.impact.scot

Stopping smoking can mean that you might be able to reduce the level of medications you're on.



If you're taking medication for your mental health condition, smoking can interfere with how well it works in your body and you might be on a higher dose than is really necessary.

If you would like to know more, speak to your CPN, GP or Mental Health Consultant.

Never reduce mental health medications unless advised to do so by a medical professional.