



**Mental Health
Ireland**

Smoking, Mental Health and Recovery

An initiative based on co-production with key stakeholders

led by

Mental Health Ireland

And the

HSE Tobacco Free Ireland Programme

**Ms. Nicola Morley
Development Officer
Mental Health Ireland**

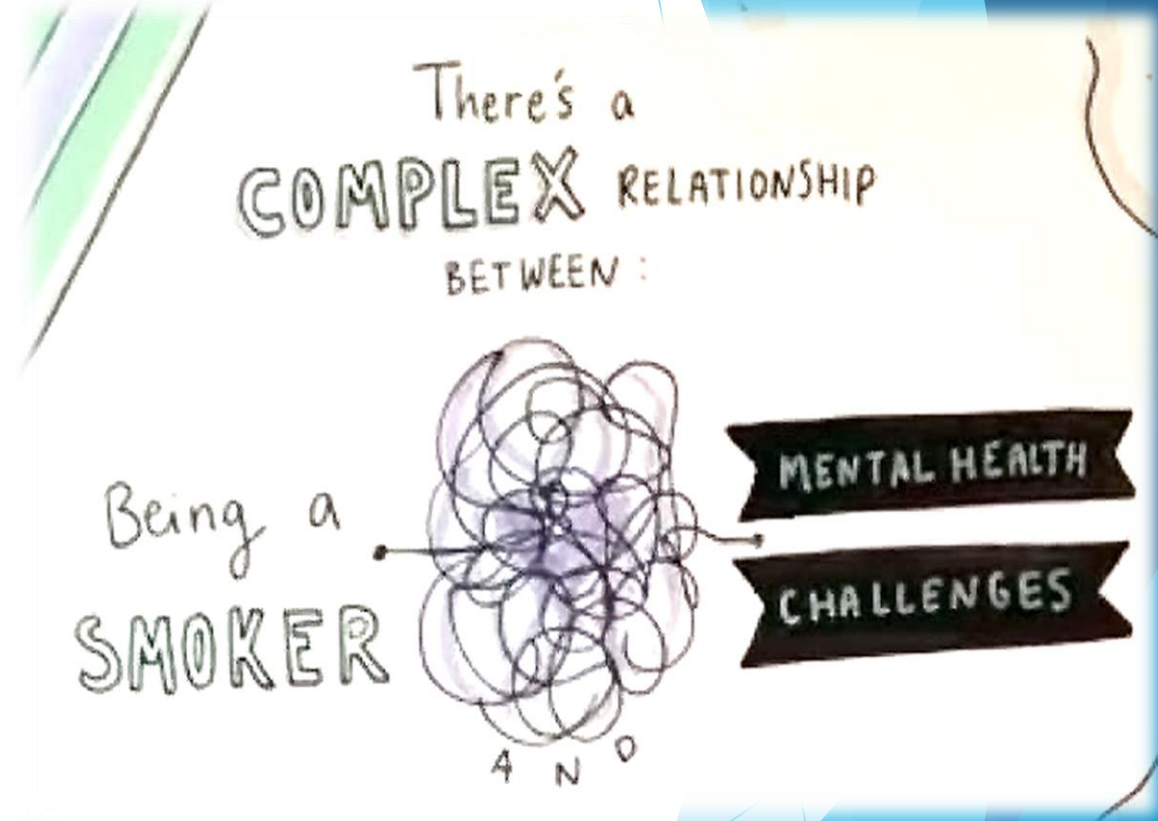
Why Focus on Smoking, Mental Health and Recovery?

- 17% - Population rate of smoking (HI-2019)
- People with Lived Experience (PWLE) of Mental Health Challenges:
 - Rate: 30%-40%
 - Smoke more heavily
 - Increased nicotine dependency
 - 1/3 of all tobacco consumption
- Growing health inequality
- PWLE as motivated to Quit
- Smoking Intervention gap – Why?



Why Focus on Smoking, Mental Health and Recovery?

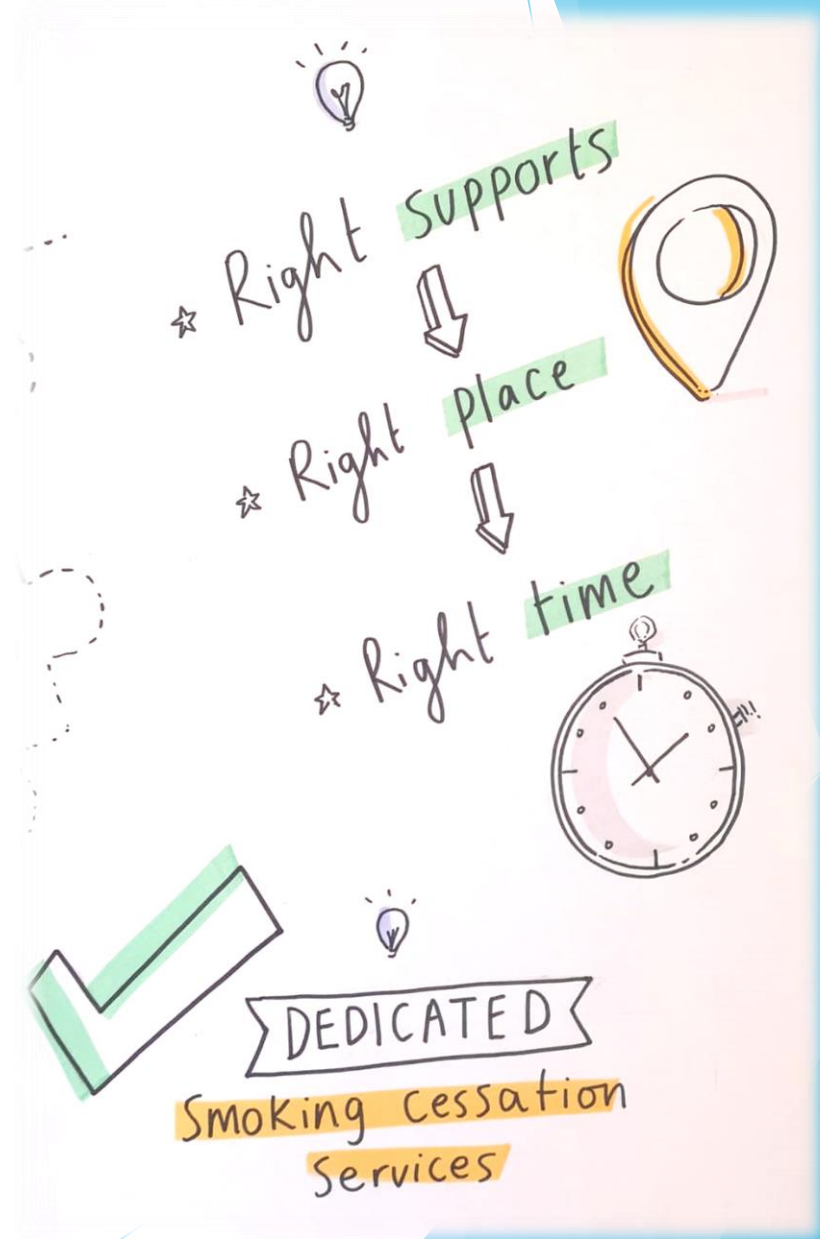
- Risk factor for developing mental health challenges
- Can exacerbate symptoms
- Smoking increases metabolism of medicines
 - higher doses needed
- Negatively impacts on sleep
- Leads to changes in the brain and ages the brain



Quitting Smoking is good for your Mental Health

- ✓ Increase in positive mood and quality of life compared to continuing to smoke
- ✓ Relieves stress and tension
- ✓ Dosage of some medicines can be reduced
- ✓ Improved Sleep
- ✓ Benefits to Physical Health
- ✓ Economic benefits – can reduce financial stress

***Everyone should have
the opportunity to
#Quit&Win***



National Conversation Café: Co-production in Action

Creating **open** and **collaborative** dialogue and engagement between service users, family members and service providers on the topic of 'Smoking, Mental Health and **Recovery**'

All **Perspectives** coming together on **Equal** footing in the spirit of **Co-production**, to tell the story of how things are now, and to contribute to writing a **Recovery Focused** story for the future.



#SMOKEFREE

**I would like to someday say that
I'm a non-smoker or ex-smoker
and I'd like to say I quit as part
of a broader commitment to my**

health, wellbeing & recovery



MARTHA CLARK
Peer Support Worker



#NationalConversationCafe



Feidhmeannacht na Seirbhíse Sláinte



**Mental Health
Ireland**



DR PAUL KAVANAGH

Tobacco Free Ireland

Ireland has a bold ambition to become tobacco free but there's a risk that people with mental health challenges might be **left behind**

*There's an opportunity from today's conversation to mobilise the **people who deliver mental health services** and the **people who use them** to become **advocates to turn the tide***



#NationalConversationCafe



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



**Mental Health
Ireland**

Feedback from the **National Conversation Café**
on **Smoking, Mental Health & Recovery**

Co-produced content for campaign
Other Activities Benefits of quitting

**HOLISTIC
VIEW OF
HEALTH**

CONSISTENT
MESSAGING

*Power of
Personal
Narrative*

*Good Training
Materials*

**CULTURE
CHANGE**

INFORMATION

REAL CO-PRODUCTION

Management Engaging

Promoting
Supports

THOSE WITH LIVED EXPERIENCE,
SERVICE PROVIDERS & SUPPORTERS
WORKING TOGETHER

STRONG LEADERSHIP *Meaningful
Consultation*

Choice

**COMPASSIONATE
APPROACH**

Change in Staff Attitudes

**EDUCATION
& TRAINING**

Lead In Time

*Community
SUPPORTS*



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Co-production of a Guidance Document: Smoking Mental Health and Recovery

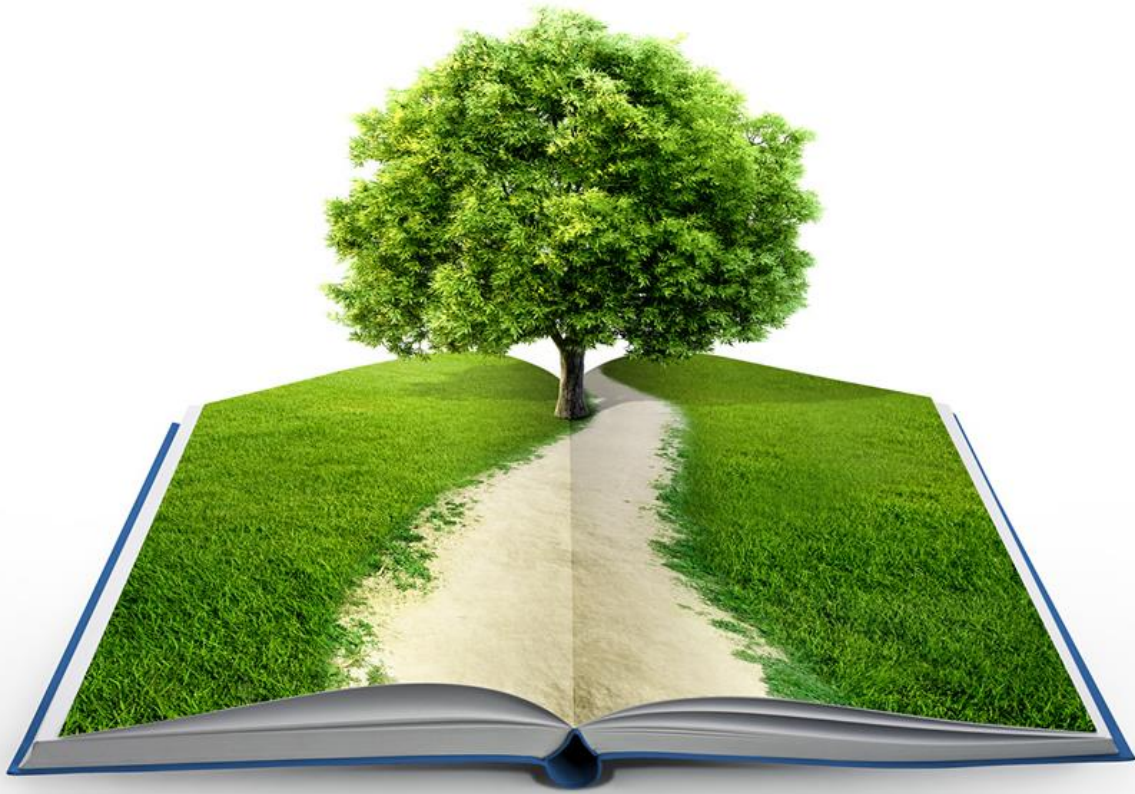
Strengths-based recovery approach that:

- Supports PLWE of mental health challenges who smoke, to reconsider their smoking habits and reflect on the relationship between smoking and mental health
- Supports PWLE of mental health challenges who do not smoke and who want access to mental health services in a smoke-free environment.

CO-PRODUCTION =
ALL PERSPECTIVES
COMING TOGETHER FROM
THE BEGINNING.

EVERYONE
IS ON AN EQUAL
FOOTING





Thank You

#QuittingisWinning

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. The shapes are primarily triangles and polygons, creating a dynamic, layered effect. The overall composition is clean and modern.

Watch a video about the National
Conversation Café at the link below

<https://www.youtube.com/watch?v=sdayr-PZfMM>