

From: Health Matters Updates healthmattersupdates@public.govdelivery.com
Subject: Smoking and mental health | Infographics | Videos | Audio
Date: 5 March 2020 at 15:35
To: richard.buxton@hampshirelpc.org.uk



Health Matters Updates, Issue 35, March 2020



"People with poor mental health die on average 10 to 20 years earlier than the general population, and smoking is the biggest cause of this life expectancy gap."

The latest edition of Health Matters focusses on smoking and mental health. The full text version - [available here](#) - covers a wide range of topics including smoking prevalence among people with mental health conditions, the role of primary and secondary care, and we hear about a study that found stopping smoking has a similar effect to taking anti-depressants.

Alongside the main content, an abridged version of the text is [published here](#), and there is also a full suite of infographics and videos which you can read about below.

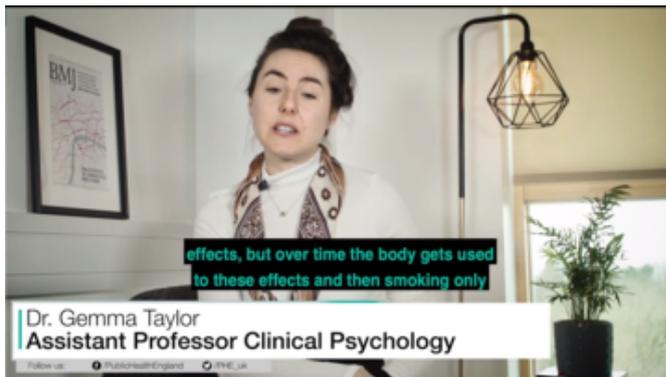
Infographics

With each edition, Health Matters publishes a suite of bold infographics to compliment our main content, case studies and blogs. This time around there are 10 new infographics. These cover topics ranging from the role of e-cigarettes in supporting a smokefree NHS, to the effectiveness of quitting methods, and very brief advice for smokers.

You can download the full suite of infographics here.



Videos



"People's mental health improves once they quit smoking."

[Watch Dr Gemma Taylor discussing her research here](#)



"I think there are some false beliefs that smoking improves some people's mental health."

[Dr Emily Peckham spoke to Health Matters about smoking, mental health and addiction](#)



"People's mental health improves once people quit smoking."

[Watch Mary Yates talk to Health Matters about smoking cessation in NHS mental health settings.](#)

Teleconference audio

This edition of Health Matters was launched by teleconference on 26 February. The tobacco control team at PHE offered a short presentation about the content, followed by a Q&A which included questions from across the sector. More than 200 people joined the conference from across primary and secondary care, local authorities and public health professions.

[Download the 45 minute audio here](#)





Related PHE publications

- The [latest independent evidence report on e-cigarettes](#) was published this week

- This blog looks at some of [the most common misconceptions around e-cigarettes](#) and provides the facts.

Health Matters postponed

The next edition of Health Matters was schedule to be published by the team in March. This edition will now be postponed to later in the year.

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