

Quitting smoking

(with a little help from your friends)

You've made a big decision. You're going to quit tobacco, whether its cigarettes, chew or snuff.

You probably already know that quitting is hard. Maybe you've quit before. If so, that's normal. Most people quit many times, and each time they quit, they learn more about what helps and what gets in the way.

What can you do to make it more likely that you'll kick the habit for good? Get help from those around you!

How can your family and friends help?

- Tell people you're trying to quit. They'll know how hard this is, and will want to support you.
- Support comes in many forms. It can be helpful words and actions, tips, or gentle reminders to stay on track.
- Let people know what you need. You may want a call from a friend every day—or you might want to reach out yourself.

Get a partner who wants to quit tobacco

You're not alone. You don't have to fight this battle yourself. Try to find someone else who wants to quit tobacco. Maybe you can be "quit buddies!" This may make quitting easier, since your buddy can help when you're having a craving.

A partner or buddy can also help you keep your mind off smoking. They can invite you to events that will help you focus on other things. And when you reach one of your goals to quit smoking, be sure to celebrate with a friend. You've earned it.



**Support can
improve your
chances of quitting.**

[See the other side for more info on how to get support from family and friends.](#)

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Support from family and friends can improve your chances of quitting.


Those close to you can help you to avoid smoking triggers. Others who have quit can also offer support. Look beyond your social circle to find more help.

Avoiding triggers

- Identify your triggers.
- Try to avoid places where people smoke.
- Try to give up or cut down on alcohol since this is often a trigger.

Talking to other smokers

- Ask people not to smoke around you.
- If you live with a smoker, ask if they want to quit.
- Talk about setting up smoke-free areas in your home.



QUIT

Other types of support

- Tell your doctor your plan to quit.
- Your doctor may suggest medicine or a nicotine replacement to help you.
- Get advice by telephone, one-on-one, or in a support group.

When you quit, pass it on.

Support other smokers who are trying to quit.

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