

FACT SHEET

How to Help a Friend Quit Smoking

Can I really help someone who is trying to quit smoking?

Yes, you can! A smoker who tries to quit will be more likely to succeed when family, friends, and co-workers provide support.

How do I begin?

First, it is important for you to know that quitting smoking is different for every person. As a support person, you want to say and do the things that are going to be the most helpful for your friend. So, an easy first step to take is to simply ask your friend how you can help. Asking shows you care and you really want to help.

What can I do to help someone trying to quit?

- Give encouragement - Tell your friend that he can do it this time, even if he has tried to quit in the past. Most smokers need "practice" quitting a few times before they quit for good.
- Be ready to help. After a person quits he may want to talk or want extra help getting through tough situations.
- Offer to call or "check in." Ask how he is feeling in general, not just if he is still off cigarettes.
- Don't nag, scold, or preach. Let your friend know you care about him whether he quits or not. Tell him you admire him for quitting.
- Give praise and offer rewards when your friend gets through a day, a week, or a month without smoking. Rewards are a great way to reinforce his new healthy behaviors.
- Offer to take your friend out to a nonsmoking restaurant or to a movie.
- Become an exercise partner with your friend.
- Encourage your friend to call the New Hampshire Tobacco Helpline for free counseling and other resources at 1-800-QUIT-NOW/1-800-784-8669 or to visit www.QuitNowNH.org.



Remember, as a support person you are doing a great thing to help your friend quit smoking!