

Want to Help Someone Quit?

You can play an important part in helping someone quit for good

What You Need to Know



- Even though you want to help, it is the responsibility of the tobacco user to quit
- Quitting tobacco is a process that takes time and energy. Sometimes a person must fail before s/he will quit for good
- Triggers and withdrawal symptoms are normal
- Slips and relapses are common and can lead to success in the future
- Make a plan with your loved one on how to support him/her during these high-risk times
- The tobacco user needs to communicate what support s/he needs

Ways to be Supportive

- Celebrate all efforts to quit tobacco
- Offer encouraging words and other incentives
- Remind your loved one that you are there for support when s/he needs it
- Be supportive even during relapse. Remember that quitting is hard



Speak with a doctor or nurse so they can help you understand the process of quitting. It will help you as you support someone through their entire journey of quitting.

For more information, visit njhealth.org/quittobaccohelp or michigan.quitlogix.org