



Australian Government

**GIVE UP  
FOR GOOD**

# Tips for supporting someone to quit



When someone decides to quit smoking or vaping, they're more likely to succeed with the support of their family and friends.

## Supporting someone to quit

It's hard to watch someone you care about smoke or vape when you know it's damaging their health.

And it's understandable to want them to stop. However, they need to be ready and motivated to quit for their own reasons.

It can make a big difference when friends and family support someone to quit and encourage them along the way.



## Know the facts

Knowing the facts about nicotine addiction and understanding why quitting can be difficult can help you better prepare to support a family member or friend to quit smoking and vaping.

Cigarettes and most vapes contain nicotine, a highly addictive and toxic drug.

Nicotine leads to cravings and these cravings can make quitting difficult.

When someone quits smoking or vaping, they will most likely have withdrawal symptoms. These can last from a few days to a few weeks but they are temporary.

Withdrawal symptoms are challenging and can include feeling tense, irritable and depressed. They might also experience changes in appetite, insomnia, difficulty concentrating, cough, dry throat and mouth and nasal drip.

## Conversations about quitting

Having conversations with family and friends about quitting can be tricky but it can help you understand their situation so you can provide support.

Try talking to your loved ones calmly about their reasons for quitting, and how you can help.

### Conversation topics

What made them start smoking/vaping and how does it make them feel?

What situations make them crave a cigarette/vape and how can you support them avoid tempting situations?

Their thoughts on quitting/giving quitting another go.

What you could do to help make quitting easier for them.

Here are some things about the quit journey to keep in mind:

Often a combination of methods is required. Encourage them to try different methods and access support services to help find what works best.

After someone gets through the first few weeks of quitting, their chances of staying smoke-and vape-free are much higher.

A brief return to smoking or vaping after they've quit can be a totally normal part of the process. It might take time, but every quit attempt counts and is a step in the right direction.

It's never too late to quit. Quitting at any age can improve health and quality of life.

Remember that most people make several attempts before they are able to quit completely. Encourage them to keep trying.

## Be positive and supportive

Sometimes, a person who is trying to quit just needs someone to talk to. If you ask a question, give them time to answer. Resist the urge to interrupt. If they feel like you won't lecture or judge them, they might be more likely to come to you for help when they really need it.

Don't get involved in arguments about smoking or vaping – this will only make the person you're trying to help more defensive and more likely to insist on their right to keep smoking or vaping.

Let them know that the decision to quit is theirs to make and that you're ready to help them.

Above all, be supportive, be positive and be around.

## Remember, there is more than one way to quit smoking or vaping

There are lots of ways your loved one can quit. Different methods suit different people.

Some methods for quitting smoking or vaping include going 'cold turkey', nicotine replacement therapy and gradually cutting down.

## Talk about support options

If your friend or family member wants to stop smoking or vaping, but is finding it difficult, a range of free supports and resources are available.

They can visit [Quit.org.au](https://www.quit.org.au) for information on quitting methods for both smoking and vaping, and how they may feel during the quitting process.

Calling [Quitline](https://www.quitline.org.au) on 13 QUIT (13 7848) and speaking with a professional counsellor for free, confidential advice can help them make a quit plan. Quitline can also talk to you about ways to support a loved one.

Downloading [My QuitBuddy](https://www.myquitbuddy.com), a free smartphone app, can help them stay motivated with a range of tools, tips and reminders to overcome cravings and stay on track. They can set personal goals, celebrate wins and see how much they've saved on their journey to become smoke- and vape-free.

Talking to a health professional can help them understand options for medications and how to manage withdrawal symptoms.

For more information visit



[health.gov.au/GiveUpForGood](https://health.gov.au/GiveUpForGood)

**Quitline**  
13 7848