

Tips for helping someone quit the smokes or vapes

When someone decides to stop smoking or vaping, having support from family and friends can make a big difference.



Helping someone quit

Watching someone you care about smoke or vape can be tough, especially knowing it harms their health. You might want them to stop, but they need to be ready to quit for their own reasons. Your encouragement can help them along the way, especially if they know you'll cheer them on, no matter how long it takes to quit.

Know the facts

Understanding why quitting can be hard can help you better support your friend or family member.

- Cigarettes, tobacco products and most vapes have nicotine in them, which is very addictive.
- Nicotine causes cravings that can make quitting tough.
- When someone quits, they might feel bad for a few days or weeks. This is normal and the good news is, the withdrawal symptoms will go away.
- Withdrawal symptoms can include feeling worked up, uneasy, cranky or worried, as well as changes in appetite and trouble sleeping.

Yarning about quitting

Talking about quitting can sometimes be tricky. Many people don't talk about trying to quit, or keep their attempt secret, because they worry they'll disappoint their mob if they slip up or start smoking or vaping again. Yarning about it can help you understand why it's hard for them to quit, and how you might be able to help them.

Here are some things you could talk about:

- What made them start smoking or vaping and how it makes them feel.
- When they most crave a smoke or vape, and how you can help them avoid those situations.
- What they think about quitting and trying again.
- What you can do to help make quitting easier for them.





Be positive and supportive

Sometimes, a person trying to quit just needs someone to listen. If you ask questions, give them time to answer without interrupting. If they feel comfortable talking to you, they might ask for help when they need it most.

Try not to argue with them about smoking or vaping, as this can make them defensive. Remind them that the choice to quit is theirs, and you're there to help. Just knowing you're there for them to lean on when things get tough can make a big difference. It's important to be positive and supportive.

Remember: there are many ways to quit

There are lots of ways to quit smoking and vaping. Different ways may work better for different people. Some methods include:

- Using nicotine replacement therapy (like patches or gum).
- Going "cold turkey" (stopping suddenly).
- Gradually cutting down until they stop completely.

Here are some important things to know about quitting:

- Trying different ways to quit can help. Often, using a few ways together works best. Encourage them to find what works best for them.
- After the first few weeks of quitting, their chances of staying smoke-free and vape-free get much better.
- It's normal to slip up sometimes. Every attempt to quit counts.
- It's never too late to stop smoking or vaping.
- Most people try several times before they quit for good, so encourage them to keep at it.

Help to quit

If your friend or family member wants to quit but is finding it hard, there's lots of things that can help them give up for good. They can:

- Have a yarn with their health worker to get help with quitting and managing their withdrawal symptoms better.
- Call Quitline on 13 QUIT (13 7848) for free, confidential and culturally-safe support to help them make a plan (you can also reach out to Quitline directly to talk about any concerns or ask how to support a loved one to quit).
- Visit Quit.org.au for tips and advice to help them quit.
- Download My QuitBuddy, a free app that supports quitting smoking and vaping and helps them set goals, track progress, and see how much money they're saving. They can even get help resisting their cravings with a range of distractions.

For more information

Visit health.gov.au/GiveUpForGood for more tips and resources.

Lots of people have to try a few times to quit. By being there and encouraging them, you can make a real difference in helping them to keep at quitting.

For help and support:



health.gov.au/GiveUpForGood

