

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 he/she 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 of how to support him/her during these high-risk times.
- The tobacco user needs to communicate what support he/she 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 he/she needs it.
- Be supportive even during relapse. Quitting is hard.

THE "MY QUIT JOURNEY" GUIDE WILL HELP YOU UNDERSTAND THE PROCESS OF QUITTING, SO YOU CAN BE SUPPORTIVE THROUGHOUT THE ENTIRE JOURNEY.

For more information, visit njhealth.org/quittobaccohelp