

8 WAYS TO SUPPORT YOUR FRIENDS AS THEY QUIT

Show your friends you support them as they quit tobacco.

1. Quitting tobacco is hard. Don't lecture or be judgmental.
2. Ask what you can do to help them quit.
3. Be patient and positive.
4. Be sensitive to their moods, especially during the first few days or weeks after they quit.
5. Offer distractions. Suggest smokefree activities you can do together to take their mind off cravings, like walking, shopping or going to a movie.
6. Help them celebrate their successes.
7. If they slip up, continue to encourage them.
8. If you use tobacco, avoid using it around them. Or better yet, join them in their effort to quit!



1-855-DÉJELO-YA **Spanish**
1-877-777-6534 **TTY**
1-866-748-2436 **Video Relay**

Ask for direct VP number



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