

# FAMILY AND FRIENDS

## HOW YOU CAN HELP OTHERS TO QUIT SMOKING FOR GOOD

**The support of others, especially loved ones, can be of great benefit to those attempting to quit smoking.**

### UNDERSTAND WHY PEOPLE SMOKE

There are three common reasons:

1. Nicotine dependence
2. Situational triggers – the smoke you want when you're in certain situations or with certain people
3. Emotional triggers – the smoke you want when you're upset, bored or happy

### UNDERSTAND WHY PEOPLE QUIT

There are many reasons why people quit smoking. These include family and loved ones, the high cost of tobacco, and the negative health and fitness effects of smoking.

### PROVIDE UNDERSTANDING AND ENCOURAGEMENT

Quitting can be challenging. Acknowledge and celebrate efforts to quit. Ask questions and listen.

Different things work for different people and it may take time to discover what will work best. Most people need several attempts before stopping.

### LET YOUR FRIEND OR LOVED ONE KNOW THERE IS SUPPORT AVAILABLE

You can encourage your loved one to:

- Speak with Health Centre staff for support
- Speak with an inmate who offers peer support or
- Call the Quitline (this is a free call)

### SUPPORT A QUIT PLAN

Having a specific quit plan is an important part of a quit attempt. You can support your friend or loved one by talking with them about their quit smoking plan. If you are a smoker, consider attempting to quit as well.

Discuss with them:

- **Setting a quit date**
- **Accessing available support**
- **Encourage your friend or loved one to call Quitline** (this is a free call) and speak to staff in the Health Centre
- **Having a plan for smoking triggers**
- **Encourage your friend or loved one to identify their smoking triggers** and plan ways to manage these
- **Developing a strong support network**  
Encourage your friend or loved one to speak to others around them who have quit or are attempting to quit



This resource has been adapted with permission from Justice Health and Forensic Mental Health Network (NSW).

Partners:



Department of Health



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