

# HOW TO HELP SOMEONE STOP SMOKING

ARE YOU READY TO HELP SOMEONE YOU CARE ABOUT QUIT SMOKING FOR GOOD? IF YOU'RE WONDERING HOW TO SUPPORT A LOVED ONE DURING THEIR SMOKEFREE JOURNEY, THESE TIPS ARE ESPECIALLY FOR YOU.

It isn't easy to stop smoking and having support and encouragement can really make a massive difference. Understanding the challenges of quitting smoking, especially when people are experiencing nicotine withdrawal symptoms, will enable you to support them better.

## → How can I help my friend quit smoking?

### 1. Listen but don't nag

When talking to your loved one about their smoking, don't lecture them instead about their smoking habits. Instead, look for potential conversation openings when they mention their smoking. An example of this could be "I need to stop", "I'd save a fortune", "the kids keep nagging me to stop" or "I'm thinking about quitting". This will provide you with a great opportunity to discuss the benefits of quitting smoking.

### 2. Help them with their quit plan

Encourage them to explore their options. This could include calling the Stop Smoking London telephone helpline to create a quit plan and access support from a trained stop smoking advisor. Make sure you ask how you can help with their quit plan; this could include practical steps such as removing lighters and ashtrays from your home or simply being there to talk to if they feel tempted to smoke.

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### 3. Discuss local support options

Smokers who get support from a free local stop smoking service are three times more likely to quit smoking for good. Stop smoking advisers are experts in helping people to stop smoking. They are non-judgemental and understand the difficulties of quitting given that some advisors are ex-smokers! To find a local service near you, visit our website [www.stopsmokinglondon.com](http://www.stopsmokinglondon.com).

### 4. Encourage them to use stop smoking aids

Stop smoking aids are a fantastic way for smokers to become smokefree. There are several stop smoking aids that they can choose to use. These can drastically increase their chances of success. You can learn more about stop smoking aids by visiting our website [www.stopsmokinglondon.com](http://www.stopsmokinglondon.com).

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## 5. Help manage their stress levels

Supporting someone as they try to quit smoking can be difficult, especially in the first few weeks. They may feel irritable, restless and low in mood and this is because they are experiencing nicotine withdrawal. You can help manage their general mood by showing them that you understand their uncomfortable symptoms, not taking their moods personally, and reassuring them that these feelings will pass.

## 6. Help them deal with their smoking triggers

People who are trying to quit are more likely to want to smoke if they find themselves in a situation, or experience a feeling, where they would usually light up a cigarette. These are called 'smoking triggers'. Speak to your loved one about their triggers so you can help them avoid these in the future. If they are unavoidable, you can point out useful products such as nicotine replacement gum to counteract the urge to smoke.

## 7. Keep them motivated and on track

Encourage them to keep their motivation for quitting smoking in mind. Those trying to quit smoking find that writing their reason out or finding a picture representing this and keeping it with them is a great way to keep them motivated. If a loved one does smoke, it's vital that you don't make them feel worse by getting angry or doubting their ability to quit. Instead, remind them of how far they have come, and how much they have learned and discuss their next steps. Celebrate their successes.

Quitting smoking takes a lot of mental and emotional energy, so celebrating the fact that your loved one is making a major and very positive change in their life is important. This could be something like making them a special meal, treating them to a small gift or simply telling them how proud you are.

**Get free help from a Stop Smoking London advisor if you want to quit to support your immune system, we are here to help you start your smokefree journey today.**

Find your local face-to-face stop smoking service in your borough. Or speak to a Stop Smoking London telephone advisor today at **300 123 1044** to enrol in our free telephone programme.

Visit [stopsmokinglondon.co.uk](https://stopsmokinglondon.co.uk) to find out more about the support available to you.