

# HOW TO HELP PEOPLE QUIT

YOUR QUIT JOURNEY STARTS TODAY.



## Why is tobacco so hard to quit?

All tobacco products and most e-cigarettes or vapes contain nicotine. Nicotine is very addictive. When smokers try to quit they are trying to stop an addiction. Smoking isn't just a bad habit. Most smokers will try to quit many times before they are successful in quitting for good. People can't be forced to quit. Making someone feel bad about smoking or nagging them to quit is almost never helpful.



## Things you can do to support someone who is quitting:

- Don't judge them. Let them know you care about their health.
- Ask if you can help. Tell them you are always ready to give support.
- Do healthy activities with them. You can walk or play games with them to take their mind off smoking.
- Don't become upset by sudden mood changes. Smokers can be cranky when they're trying to quit.
- Celebrate every quit attempt. Remember each one brings them closer to quitting for good.
- If they start smoking again, tell them that it's normal, and they can keep trying to quit as many times as it takes.

## More ways to help someone who is quitting:

- Tell them about Quit Now Virginia resources that they can access by phone or online, like free coaching and online group classes. These can help increase a smoker's chance of quitting for good.
- Tell them that they may be eligible for free quit medicine (nicotine gum or patches) from Quit Now Virginia. Medications can help by reducing cravings and withdrawal symptoms.
- Encourage them to contact their insurance company to ask about their quit smoking benefits.
- Let them know that doctors and pharmacists can help advise them on which medications will make it easier to quit.



Reach out today, for all the help you need to stop smoking.

Call 1-800-Quit Now (1-800-784-8669)

Connect online at [QuitNowVirginia.org](https://www.QuitNowVirginia.org)

Text READY to 34191

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
Tobacco Control Program

**Quit Now**  
Virginia