



Toolbox Talks

Tips for Friends and Family of Quitters

The process of quitting tobacco and nicotine can be really difficult but the support of family and friends can help ease some of the hard times by lending a hand and offering encouragement along the way you're playing a key role in helping your friend or loved one quit for good*

But really how can I help?

For starters people who have just quit tobacco often like to have something to rely on so why not keep a supply of healthy snacks in the house? Try one of these other tips.

- Do things together to pass the time* Play cards or board games
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Frequently Asked Questions:

What is a good resource I can offer to someone who wants to quit?

Someone who would like support while quitting smoking or vaping should call 1-800-QUIT-Now to get help from trained professionals who can help people quit for good*

Discussion Questions:

- Do you know someone who has quit smoking? What helped them?