

People smoke for many reasons:

He nui ngā take e kaipaipa ai te tangata:

- Nicotine is addictive.
- Smoking is a habit.
- Smoking is often tied up with moods or feelings.

You can help someone who is quitting by:

Ka taea e koe te āwhina i tētahi atu e hiahia ana ki te mutu:

- making it clear you care about them
- not arguing with them or nagging them about their smoking
- showing them other ways of getting through the day without smoking
- letting them know where they can find help and support while quitting
- introducing them to a friend who has quit, or is quitting
- understanding why they smoke
- supporting them when they choose to quit.

Understanding smoking

Ngā mōhiotanga mō te kaipaipa

Nicotine is addictive and people suffer from unpleasant feelings and cravings when they are unable to smoke or when they quit.

Smoking is a habit that can be hard to break. Smokers get into the habit of lighting up when chatting on the phone, driving the car, or having a drink, etc.

Smoking is often tied up with moods or feelings. People smoke for pleasure or comfort when they're happy, sad, tired, excited, bored, angry, stressed, etc.

Supporting someone when they choose to quit

Te āwhina i tētahi kei te hiahia ki te mutu

Quitting is harder for some smokers than for others. Every smoker is different.

It can be helpful if you:

He pai ki te:

- Give support and encouragement, even when they have a slip-up. A slip-up is not a relapse – it's just a slip-up.
- Suggest going to places where people don't smoke
- Go walking or exercising with them.
- Be there for them! Sometimes, a person who is trying not to smoke just needs someone to talk to.
- Show them how you deal with stress and boredom without smoking.
- Remind them they will enjoy socialising, eating and exercising much more than before.
- Focus on all the good things about quitting, and their own reasons for quitting.

Most smokers try several times before they quit permanently – but every quit attempt will make it easier for them to stop smoking next time around.

Your support and encouragement can be important as they try to quit, and in helping them to stay quit.

For more help, call

Quitline
0800 778 778



infosheet

The Quit Group

TE ROOPU ME MUTU

About the Quit Group

The Quit Group is a non-profit organisation established in 1998. It employs more than 90 staff and operates the following services to encourage people to stop smoking:

- **Quitline** 0800 778 778, the highly successful advice and support service
- The Quit website www.quit.org.nz
- **Quit campaigns**, including *Video Diaries*, *Every cigarette is doing you damage* and the Health Warnings campaign in support of the Ministry of Health's graphic pictorial health warnings programme
- **Quit Cards**, which enable health providers to distribute cards for low-cost nicotine patches, gum or lozenges
- **ProQuit** services to support health professionals and community providers to implement the ABCs of smoking cessation
- **Quit@work**, which provides smokefree policy advice and support to workplaces
- **Txt2Quit** – a world-leading, text-based interactive smoking cessation support service
- **Research and evaluation**, which ensures Quit Group services are based on sound evidence.

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Quitline 0800 778 778

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Helping others quit smoking

Te Āwhina i Ētahi Atu Kia Mutu



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