



My Support Team

When you decide to become tobacco-free, it will help if you have support from other people that you know. Friends and family members are great allies to have by your side when quitting smoking/vaping. All you have to do is ask them.



Your Friends & Family

Start by telling all your friends and family about your choice to become tobacco-free.

- You may want to ask your friends and family members that smoke/vape to not smoke/vape around you. Being around someone while they are smoking/vaping may tempt you because you will see and smell it, making it harder to quit.
- Ask your friends and family to be patient with you as you become tobacco-free. There are times that you may feel very grumpy and your friends and family can help you get through these times.
- Ask your friends and family to remind you how well you are doing by not smoking/vaping. Lean on your friends and family to cheer you on and support your decision to be smoke-free.
- A friend or family member that has already quit smoking/vaping is a good person to have on your team because they know exactly what you are going through.



Your Health Care Team

Tell your health care team about your plans to quit smoking/vaping or other tobacco use. Your doctors, nurses and health care providers can be a big help and source of support.



Your Support Team

These are the people that I will ask to help me become tobacco-free:

Name

Phone Number



Tobacco-Free
FOR A HEALTHY NEW JERSEY

NEW JERSEY
QUITLINE
1-844-NJ-STOP

