

The Need for Support

"So when I quit my boyfriend was very proud of me. And he likes to tell people that I've quit and his support has meant a lot."

Staying quit is hard. And you may not be able to do it alone. That is ok. Getting support is a valuable skill for staying quit. Some people find it helpful to join a quit smoking group, either in person, over the phone, or online.

Or you might prefer to enlist the help of a friend. Someone who can encourage you when the going gets tough.

"I will pick up the phone and call a mentor, who can help me through a stressful moment. And then, I get centered again."

If you have friends or family members who use tobacco, ask them to not do it around you.

Even better, see if they might want to quit with you. You can support each other.

"I don't live around people that smoke so that helps me a lot. Although I do hang around with people that smoke. And I'm trying to-- I'm talking to them. I'm not preaching to them. But "Hey, I don't smoke. Why do you need a cigarette?" And I got one guy that's working on it."

If you are not sure what kind of support is available, ask your healthcare provider.

They can help you find a support system that will work for you, in order to help you stay quit.