



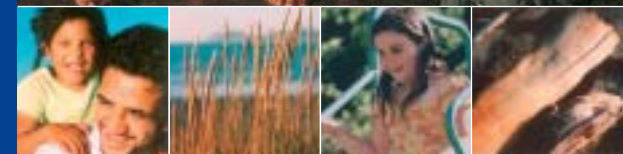
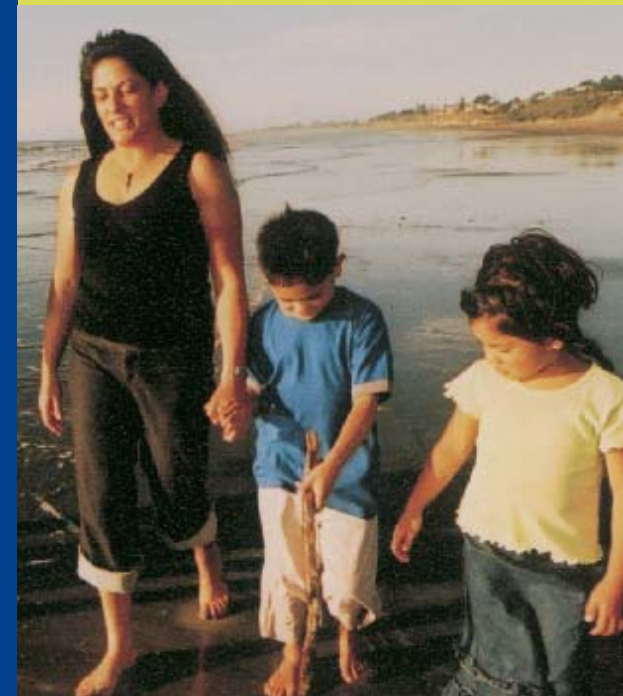
INFO SHEET

The Quit Group

TE ROOPU ME MUTU

The Quit Group

TE ROOPU ME MUTU



Helping Others
Quit Smoking
Te Āwhina i Ētahi
Atu Kia Mutu

PO Box 12 605, Wellington

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Quitline 0800 778 778

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Code: IS004

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Quit **Me Mutu**

**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 withdrawal symptoms 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
- take them 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 the Quitline 0800 778 778