

Support someone you care about to go Smokefree



With support from loved ones (friends, partner, colleagues or family members), people are up **to three times more likely to successfully quit smoking.**

Open for tips on how to help someone take that next step



**WHAT'S YOUR
PLEDGE?**

**Smokefree
Somerset**

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Smokefree Somerset

Helping someone you care about take their first step to go Smokefree.

Your support doesn't have to be perfect. It just needs to be kind. Even a small act – like checking in, offering a distraction, or sending a link – can help someone believe in themselves.

Did you know: Nicotine addiction changes brain chemistry?

That's why quitting is more than just "willpower". It's not a simple choice – it's a mix of habit, stress relief, and physical dependence.

Before You Talk: The Golden Principles

Ask permission: "Can we talk about something that's been on my mind?"

Come from care: "I care and want you to be healthy and happy."

Be curious, not critical: "How have you been feeling about smoking lately?"

Choose the right moment: Wait for a calm, non-stressful time.

Bonus tip: Do something positive together first like a walk, a laugh, or a meal.

Conversation Starters

- I saw something about how hard it is to quit – I didn't realise how tough it can be.
- I'm not here to push you. Just want you to know I'm here if you ever want to talk.
- If you ever decide to quit, I'll support you.

What to Say

How can I help?

I'm proud of you for stopping.

Whenever you're ready, I'm here.



And what to avoid

You need to quit.

You've failed before – why bother?

If you cared, you'd have quit by now.



Plan ahead.

Have a think about what you'll do:

- If they seem stressed, I will...
- When they make progress, I'll celebrate by...
- If they relapse, I'll remind them that...
- I'll check in with them every...

Consider using a calendar or app to track your check-ins or to send small notes of encouragement.

WHAT'S YOUR WHY?
Smokefree Somerset

Remember, your words, your time and your care really can change someone's life.

Help someone quit smoking, for good.
smokefreesomerset.org.uk



Your pledge is your promise to be a steady, non-judgmental presence in someone's Smokefree journey.

Pledge to:

- ✓ Start a conversation about quitting smoking
- ✓ Check in with your loved one regularly and keep the conversation open
- ✓ Send a link to Smokefree Somerset support page – and follow up.



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