



Tobacco Treatment: Supporting Someone You Love Who Smokes or Vapes

Everyone who smokes or vapes can experience nicotine withdrawal symptoms, such as cravings, anxiety, or difficulty concentrating, when they are not smoking or vaping. These symptoms can make it hard for people to avoid smoking or vaping when they want to (such as at home or work or in public places) or to cut back or quit. However, family and friends can make a difference in helping them achieve any of these goals. If you have a loved one who smokes or vapes, here are some tips to help you provide support and encouragement:



Create a supportive environment. Celebrate achievements (even if small), acknowledge that slipups are common and do not mean failure, and be understanding and patient (as withdrawal symptoms might affect the person's mood).



Be a good listener. The person might need someone to talk to if they are feeling stressed or anxious about meeting their smoking or vaping goals.



Remind your loved one about their goals or why they wanted to make a change. Even if their past attempts were unsuccessful, let them know you support their goals.



Ask what you can do to help. Do not assume you know what the person needs or is feeling.



Remind your loved one that tobacco treatment options (including counseling and medications such as nicotine patches or lozenges) can help them avoid withdrawal symptoms and stay comfortable, even if they are not ready to quit. Be supportive and encourage other strategies as well, such as changing routines or using distraction techniques.

For more information and tips for coping, visit nyc.gov/health and search for **coping with nicotine withdrawal**.



If your loved one is ready to quit, make your home tobacco- and vape-free. Do not allow anyone to smoke or vape in your home.

For more treatment resources and information, including local programs, visit nyc.gov/nycquits or call **311**.