



Want to help a friend quit tobacco?

A friend wants to quit tobacco, but you don't know how to help them. You're not a counselor, you're a friend. **Here's how you can help.**

- Let them know that **you care** about their health.
- **Don't judge.** Avoid being critical or judgmental about their smoking.
- **Listen.** Ask them about their ideas.
- **Compromise.** If you have a roommate that smokes, suggest limiting smoking to one area.
- **Be there.** Support your friend if he or she asks for help.
- **Refer** them to the County's FREE quitting tobacco services at **1-866-NEW-LUNG (639-5864).**

"I want to quit, but life is too stressful right now."

When is life not stressful? True, quitting during finals may not be the ideal time, but the "perfect moment" may never come. Let's figure out a good time for you to quit.

"I only smoke when..."

Smoking a few times a week can quickly turn you into someone who smokes full time.

"I'm worried about gaining weight."

The stress on your heart of smoking a pack of cigarettes a day is equal to being 90 lbs over weight. The average person can gain 4-10 lbs. after quitting, which can easily be prevented or lost with a healthy diet and exercising.

For free help in quitting tobacco

 **Call 1-866-NEW-LUNG**
www.newlung.org



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Adapted from Tobacco Free U (2010). *Help a Friend Quit Smoking* retrieved from http://www.tobaccofreeu.org/resources/help_a_friend.asp.