

Social support

Social support is important when you are becoming tobacco-free. Having a good network of people around you can make a big difference as it gives you emotional and practical support.

Emotional support



Friends, family and colleagues can give you encouragement, boost your morale and reassure you during difficult times.

Practical support



Your support network can help distract you by being there if you need to talk or through doing activities together.

Building your support network



Identify

Find the people in your life who can give the support and encouragement you need.



Communicate

Communicate openly and honestly, and express the type of support you would like.



Join

Connect with others who are in the same situation by joining support groups, either in person or online.