

The support of others, especially loved ones, can be of great benefit to those attempting to quit smoking. The follow information and tips might be helpful.

Understand why people smoke

There are lots of reasons why people choose to smoke. Many people associate smoking with certain behaviours such as eating or drinking. For some, smoking may be a response to certain feelings such as anxiety, boredom or anger. Smoking may also be a social behaviour or people may just like the taste or action of smoking. Nicotine is as addictive as alcohol and other drugs, and giving up can be hard.

Understand why people quit

There are many reasons why people quit smoking. These include the high cost of cigarettes, and the negative health and fitness effects of smoking. For men and women in custody in NSW, they won't be able to smoke from 10 August 2015.

Provide understanding and encouragement

Quitting can be challenging. Acknowledge and celebrate efforts to quit. Ask questions and listen.

Different things work for different people and it may take time to discover what will work best. If one strategy doesn't work, then maybe another will. For many people a combination of strategies is the most effective. Remind your loved one that seeking support is not a sign of weakness but a great way to increase the chances of becoming smoke free. Let them know that it does get easier with time.

Let your loved one know that there is support available

Quitting smoking can be difficult, especially if you are a heavy smoker and/or have been smoking for some time. Being aware of the help available and sharing this information is a great way to support a loved one. You can

encourage your loved one to:

- speak with Health Centre staff for information, advice and access to Nicotine Replacement Therapy (NRT)
- speak with an Inmate Peer Supporter or
- call the NSW Quitline (this is a free call).

Support a quit plan

Having a specific quit plan is an important part of a quit attempt. You can support your loved one by talking with them about their quit smoking plan. If you are a smoker, consider attempting to quit as well. Discuss with them:

• Setting a quit date

This may be 10 August 2015 when correctional centres, complexes and residential facilities go smoke free, or your loved one may choose to quit before this date.

• Accessing available support

Encourage your loved one to call Quitline, speak to staff in the Health Centre about nicotine replacement therapy or talk to an inmate peer supporter.

• Having a plan for smoking triggers

Encourage your loved one to identify their smoking triggers and planning ways to manage these. This may include beginning new activities to replace smoking, changing routines associated with smoking, reaching out to friends or accessing supports like Quitline.

• Developing a strong support network

Encourage your loved one to speak to others around them who have quit or are attempting to quit.