

Help your friends and family quit vaping and smoking



Does your friend or family member vape or smoke tobacco products? Ultimately, only your friend or family member can make the decision to quit, but you can help support their quit journey!

How You Can Support

- 1. Create a safe space:** Find a time to connect with the person you want to support. Take an open and calm approach and let them know you are aware of their vape or tobacco use and want to support them in quitting when they are ready.
- 2. Be ready to listen:** Ask questions and listen without judgement. Support from a trusted and calm individual will increase their chances of long-term quit success.
- 3. Encourage good health:** Suggest healthy activities when hanging out, like doing something active, trying a new hobby, or finding fun distractions, such as board games, books, music, and video games.
- 4. Bring snacks:** Having mints, toothpicks, and snacks, like crunchy fruit and trail mix to offer friends and family can also help them manage their cravings and withdrawals.
- 5. Show compassion:** Tobacco and nicotine products are very addictive. Often, people who vape or smoke do not believe they are addicted. Or they may not want to quit. If this is the case, keep checking in with them and letting them know you are there to support them when they are ready.
- 6. Celebrate quitting:** Quitting tobacco is hard! It often takes someone multiple attempts to quit. Support and celebrate every effort your family member or friend attempts to quit vaping or smoking, even during setbacks.



Free and anonymous quitting support

Explore these quitting resources that can help support long-term quit success and share with the friend and family member that you're trying to help when they are ready.

This is Quitting

A text program for ages 13 – 24 that offers messages from other young people who have attempted or successfully quit smoking and vaping.

Text: "DITCHVAPE" to 88709

Visit: [This Is Quitting Website](#)

QuitSTART

A smartphone app for ages 13+ that offers personalized tips, support to manage tough days, and encouragement after relapse.

Download: QuitSTART App

Visit: [QuitSTART Website](#)

Kick It California

A(n) text program, online chat, smartphone app, website, and phone hotline for ages 13+ that offers personalized support from a live coach on how to quit smoking, vaping, and using smokeless tobacco.

Text: "KICK VAPES" to 66819

Visit: [Kick It California Chat Online](#)

Download: No Butts App or No Vape App

Visit: [YouTube Videos](#) (<https://bit.ly/Yvape>)

Call: (800) 300-8086

NOT for Me

A website for ages 14 – 19 that offers videos on how to quit smoking and vaping.

Visit: [NOT for Me Website](#)

SmokefreeTXT for Teens

A text program for ages 13 – 17 that offers smoking and vaping advice, support, and motivation.

Text: "QUIT" to 47848

Visit: [SmokefreeTXT for Teens Website](#)

Free and anonymous mental health support

People that vape or smoke, may be using products to cope with a mental health condition. If that's the case with a someone you're trying to help, share these resources as you support them.

California Youth Crisis Line

A 24/7 text program, online chat, and phone hotline for ages 12 – 24 that provides prevention and crisis resources.

Text: Any Message to (800) 843-5200

Visit: [California Youth Crisis Line Chat Online](#)

Call: (800) 843-5200

988 Suicide and Crisis Lifeline

A 24/7 text program, online chat, and phone hotline that provides prevention and crisis resources.

Text: Any Message to 988

Visit: [988 Suicide and Crisis Lifeline Online Chat](#)

Call: 988
