



Quit Smoking: Get support from those around you to quit smoking

Examples of social support

To work out your social support, you should write down who you think would be able to help you stop smoking and, most importantly, how (possible ways to help) you think they could help you.

Here are few examples of how social support may help you when your overall goal relates to stopping smoking.

If you haven't yet set an overall goal or some specific action plans, you can do so using our [goal setting and action planning tool](#).

Who: Partner (David)

How: Not inviting me to smoke with them when we're at home

Who: Friend (Joanne)

How: To accept and support me when I say I don't want to have a smoke and to reassure me I am making the right choice to stop smoking

Who: Colleague (Stuart)

How: To help me find information and advice for how I can stay smoke free!

You should speak to the people you choose to nominate about how they can provide the support to you in the ways you suggest in your plan.

Set your social support

Start by working out who your social support is and how they can help you. You can create as many as you feel would be helpful.

My social support:

Who:

How will they help me:

Who:

How will they help me:

Who:

How will they help me: