

## **Ulster/Sullivan County Tobacco Control Partners**

**Hudson Valley Student Support Services Center  
Checko Miller- School Policy Coordinator  
845-255-4874  
Email: [cmiller@ulsterboces.org](mailto:cmiller@ulsterboces.org)  
<http://cshw.ucboces.org>**

**Tobacco Free Action Coalition of Ulster Co.  
Ellen Reinhard- Director  
845-943-6070 ext 1  
[www.tobaccofreeactioncoalition.org](http://www.tobaccofreeactioncoalition.org)**

**Tri-county Cessation Center  
Terry Miller- Director  
845-334-2700 ext 5543**

**NYS Smoker's Quitline**

**1-866-NYQUITS**

**1-866-697-8487**

**[www.nysmokefree.com](http://www.nysmokefree.com)**

**Whether you are thinking about  
quitting or ready to quit, call the  
NYS Smoker's Quitline.**

- Free counseling
- Free NRT starter kit, if eligible
- Quit Kit
- Referrals to local programs

### **Remember the 5D's**

**Delay- urge will pass**

**Drink water- cleanse**

**Do something else- distract**

**Deep breathe- relax**

**Discuss- talk it out**


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**also Nicotine Anonymous at:**

**[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)**

**Helping  
Friends  
or  
Family  
Get Free  
of Tobacco**

**Hudson Valley  
Student Support Services  
Center  
At Ulster BOCES  
175 Route 32 North  
New Paltz, New York 12561**



## Helpful tips for the friends and family of a smoker/chewer when the tobacco user is in the process of gaining freedom from tobacco

Quitting tobacco can be very challenging. It is not unusual for a tobacco user to make several attempts at quitting before remaining free of tobacco. However, there are no “failures;” there are only “successful attempts.”

Nicotine dependence is not a simple “habit.” Offering support and understanding can really help a smoker/chewer through the process of gaining freedom.

**DO:** Know that quitting tobacco is a personal process that each person must discover what works best for himself/herself.

**DON'T:** Offer unsolicited advice or say what his/her “should” do.

**DO:** Help reduce stress and avoid arguments during the withdrawal period.

**DON'T:** Make unnecessary demands.

**DO:** Know that a slip or relapse is not due to a lack of character or morals.

**DON'T:** Make comments about his/her lack of “will power” or accuse him/her of being a failure.

**DO:** Treat a slip as a mistake and ask to help figure out what happened to cause it and how to prevent it from happening again.

**DO:** Accept that for about 5 days or longer, he/she may be irritable, sad, forgetful, and even difficult to live with.

**DON'T:** Overreact to these temporary withdrawal symptoms.

**DO:** Offer your *patience* in exchange for his/her *perseverance*.

**DON'T:** Expect his/her quitting to not require you to make some changes as well.

**DO:** Activities with the person and try humor when cravings creep in.

**DON'T:** Smoke anywhere near by, keep it away.

**DO:** Comment on any of his/her positive efforts, without future expectations.

**DON'T:** Say comments like, “You’re making a big deal out of a simple thing” or “What’s the problem, it was easy for me.”

**DO:** Congratulate the amount of tobacco not used and/or “triggers” overcome.

**DON'T:** Urge the person to have “just one cigarette” to get through a hard time or because he/she is “cranky.”

**DO:** Join in celebrations and offer rewards at regular intervals of tobacco abstinence.

