

Supporting Someone Who Is Quitting Vaping

Vapes contain large amounts of nicotine which makes them very addictive. This can cause someone who is quitting to have withdrawal symptoms, slip ups, and struggle to stay vape-free. Having a support team can be helpful on a quit journey, especially during the early days. Support teams can help keep someone who is quitting motivated and focused on their end goal.

Here are some things you can do to help:

Listen

Listen to what the person quitting has to say and avoid interrupting or inserting your own comments. Regularly checking in with them can help you understand their struggles and what they need from you.

Be supportive

Different people may need different types of support. Make sure you ask how they want you to support them, and stick to it.



Plan distractions

Spend time with them to help find activities they like. Go to places that don't allow smoking like stores, movie theaters, and restaurants or spend some time outside.

Celebrate success

Whether it has been a day, a week, a month, or a year, celebrate every successful day without vaping. Recognizing success can help them stay strong when they experience challenges.



Stay patient and positive

Withdrawal can cause irritability, anxiety, and depression. It is important to stay patient with changes in mood. Remind them that it's ok to be frustrated or anxious, but they can control how they react and treat those around them. It's important to set boundaries early, and make sure you respect theirs as well. Ask them what is really making them feel this way and how to help.

If someone slips or slides and returns to vaping, avoid punishing or shaming them. Remind them why they chose to quit and let them know you will continue to support them.