

Quitting is a personal decision that requires motivation and strong willpower – but also **real support**.

Whether your family, your friends or your work colleagues, be sure to tell those close to you that you are trying to quit. **Do not be ashamed to ask for their help and support.**

Those who have either never smoked or succeeded in quitting will listen. Approach them and **favour their presence**. Those around you whom smoke will probably try and be considerate by not smoking in front of you. If not, do not be put off and try avoiding their company.

Health professionals can also be of help in quitting. They will supply you with advice, addresses, and tips. **Do contact them.**

