

Interested in

Quitting? VA can help.

Talk to your VA health care provider today!

VA



U.S. Department
of Veterans Affairs

www.va.gov



U.S. Department of Health
and Human Services

www.cancer.gov

Quit VET

A toll free telephone smoking quitline

Speak with a counselor and get:

- Individualized counseling
- Help developing a quit plan
- Strategies to prevent relapse
- Follow-up calls to help you stay quit

1-855-QUIT VET
(1-855-784-8838)

Mon-Fri 8AM-8PM (ET)
Consejería en Español
es disponible



smokefreeVET

A mobile text message smoking cessation service

24/7 encouragement, advice, and tips to help you stop smoking for good.

To Sign Up: text the word **VET** to **47848** from your mobile phone
Or Visit: www.smokefree.gov/VET

You don't need to sign up to get support! Text **URGE**, **STRESS**, or **SMOKED** anytime to **47848** for support.

**If you pay for individual texts, this program may not be for you. Standard messaging rates apply.*

This is how... *You Quit Smoking!*

Support



Text the word **VET** to **47848** to receive tips & help quitting.

Ask your family & friends for support when you quit.

Medication

Talk to your VA provider about using **nicotine replacement therapy (NRT)** or other medications when you quit.



Self-help Materials

Check out this web site for tools & tips to help you quit: www.publichealth.va.gov/smoking



Counseling

Your VA provider can give you counseling to quit smoking or a referral to a smoking cessation clinic.

Call **1-855-784-8838** to speak with a counselor and develop a personalized quit plan.

