

Interested in *Quitting?* VA can help. Talk to your VA health care provider today!

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.*

URGE

SmokefreeVET: Cravings are not the boss of you. Fight back. Kill the urge to smoke. Drink cold water, have a strong mint, or use mouthwash. It really works!

A partnership between the
U.S. Department of Veterans Affairs
and the National Cancer Institute at the
National Institutes of Health,
U.S. Department of Health and Human Services

VA



U.S. Department
of Veterans Affairs

www.va.gov
www.cancer.gov

