

VA TOBACCO CESSATION RESOURCES



COUNSELING

Counseling can help you develop a quit plan, build support, and prevent a recurrence of tobacco use.

- Call **1-855-QUIT-VET (1-855-784-8838)**, 9am – 9pm Eastern time, Monday to Friday, to speak with a quit coach.
- Ask your VA health care team about a referral to a treatment program:



MEDICATIONS

Medications can help to reduce cravings and withdrawal symptoms when stopping tobacco use.

- Talk to your VA health care team about which medication may be right for you. VA offers varenicline, nicotine replacement therapy (patches, gum, lozenges, nasal spray), and bupropion. For a proven approach, combine medication with counseling.



TEXT SUPPORT

Sign up for **SmokefreeVET** to receive texts with tips and tools to beat cravings by texting **VET** to **47848**. Benefits of signing up for SmokefreeVET include regular text messages and extra support at your fingertips when you text the keywords URGE, STRESS, SMOKED, and DIPPED to 47848.



STAY QUIT COACH 2.0

Download Stay Quit Coach 2.0, a free VA app that helps you identify personal reasons to stop tobacco use, set your goals, and track your progress over time: mobile.va.gov/app/stay-quit-coach.



ONLINE RESOURCES

Follow the SmokefreeVET Facebook page for tips and encouragement from other Veterans: facebook.com/smokefreevet. Find VA resources and more tips for quitting at mentalhealth.va.gov/quit-tobacco and veterans.smokefree.gov.

