**External Newsletter Blurb**

**If You Smoke, Dip, or Chew Tobacco and Want to Quit: Don’t Stop Trying. Try Stopping.**

Most people make several attempts before they stop using tobacco for good. So whether you’re ready to try for the first time or the next time, remember: Every attempt helps you get closer to your goal. Work with your VA provider to explore what works — and what doesn’t — for you. They can help you can identify your triggers and learn ways to handle them without tobacco.

VA encourages Veterans to use a combination of counseling and medication to stop using tobacco, but there are many treatment options available through VA. If you’ve tried once before, try again. No matter how many times it takes, VA will work with you to find the combination of options — including a variety of proven, effective therapies and medications — that are right for you.

Don’t stop trying. Try stopping, even if you have tried once, twice, [15 times or never before](https://www.youtube.com/watch?v=L6DDupV9Qnw).

**Explore your options.**

Stopping tobacco use is seldom easy, but VA has helped many Veterans stop chewing, dipping and smoking — and we can help you, too. VA has many approaches to help end your relationship with tobacco, including the best combination of tools for long-term success:

* Tobacco cessation counseling can help you make changes to your behavior that will break your emotional ties to tobacco use. VA offers counseling, in person or by phone, to talk about your tobacco use and to identify strategies for coping with the triggers that make you want to use tobacco.
* FDA-approved medications like nicotine replacement therapy (NRT), the patch, gum, and lozenge, and bupropion and varenicline can help you manage nicotine withdrawal symptoms and overcome the urge to smoke.

**Embrace your opportunities.**

Every week, month and year spent free of tobacco brings new opportunities to improve your quality of life. This World No Tobacco Day, talk to your primary care or mental health provider about the many [VA resources that can help](https://www.mentalhealth.va.gov/quit-tobacco/) you stop using tobacco, including:

* [**Quit VET**](https://www.mentalhealth.va.gov/quit-tobacco/quit-vet.asp)**:** Veterans can call 1-855-QUIT-VET (1-855-784-8838) to receive tobacco cessation counseling and get help building their plan to quit. Quitline counselors are available Monday through Friday, between 9 a.m. and 9 p.m. ET to help Veterans prepare for potential challenges and avoid relapse. These tobacco cessation counselors offer continued support through follow-up calls and counseling.
* [**SmokefreeVET**](https://www.mentalhealth.va.gov/quit-tobacco/smokefreevet.asp)**:** For tools and tips to quit, Veterans can sign up for SmokefreeVET by texting VET to 47848. SmokefreeVET provides regular text messages as well as extra support at Veterans’ fingertips when they text the keywords URGE, STRESS, DIPPED or SMOKED to 47848. *Para inscribirse en SmokefreeVET en español, manda el texto VETesp al 47848.*

When you’re ready, VA can help **with tobacco cessation counseling and medications provided through all VA medical centers and community-based outpatient clinics**. To find the VA location closest to you, visit

[www.va.gov/directory/guide/home.asp](http://www.va.gov/directory/guide/home.asp)

*Don’t stop trying. Try stopping — as many times as it takes.*