



1-855-Quit-Vet
TOBACCO QUITLINE

YOU WANT TO GO THE DISTANCE. WE CAN HELP YOU STAY ON TRACK.

GET SUPPORT TO QUIT FOR GOOD.

1-855-QUIT-VET is a free,* telephone-based program that offers ongoing, individualized support and confidential, one-on-one counseling to help you quit tobacco. Using a quitline can nearly double your chances of quitting compared to getting no support at all.

Quit VET counselors:

- **Are available Monday–Friday,** 9:00 a.m.–9:00 p.m. Eastern Time
- **Speak English and Spanish**
- **Help you develop a quit plan**
- **Offer tips and strategies** to help you deal with cravings and slips
- **Follow up** with up to four counseling calls, scheduled at your convenience

No matter where you are, you'll get care to help you meet your goal.

Call **1-855-QUIT-VET (1-855-784-8838)** to speak with a tobacco cessation counselor for support, strategies, and advice to help you stay quit.

**Standard telephone rates apply.*



RATHER TEXT?

Text **VET** to **47848** to sign up for SmokefreeVET Text. Get tips and support right on your phone when you need them most. Text "URGE," "STRESS," or "SMOKED," at any time.

VA



U.S. Department
of Veterans Affairs

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 **smokefreevet**