



YOU'RE IN THIS FOR THE LONG HAUL— AND WE ARE, TOO.

GET SUPPORT TO QUIT FOR GOOD.

SmokefreeVET Text is a free,* on-demand program that sends supportive text messages when you need them most. Text specific words, like “URGE,” “STRESS,” “SMOKED,” or “DIPPED,” to get tips and encouragement.

SmokefreeVET Text is available 24/7 and:

- **Boosts your chances** of staying quit
- **Encourages you** if you slip
- **Checks in** to see how you're doing
- **Provides daily tips** and strategies to help you stay on track

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

Sign up for SmokefreeVET Text today—text **VET** to **47848** or go to **smokefree.gov/vet**.

**Standard text messaging rates apply.*



WANT TO TALK?

Call our quitline at **1-855-QUIT-VET (1-855-784-8838)** to speak with a counselor, get help building a quit plan, and get ongoing support.

VA



U.S. Department
of Veterans Affairs

1-855-Quit-Vet
TOBACCO QUITLINE

 **smokefreevet**