



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

The Quit VET tobacco quitline is a free* program that provides ongoing, individualized support and confidential, one-on-one counseling. Call **1-855-QUIT-VET (1-855-784-8838)** to get started.

*Standard telephone rates apply.

VA



U.S. Department
of Veterans Affairs

1-855-Quit-Vet
TOBACCO QUITLINE