No matter who you are, you can get support from SmokefreeVET Text anytime, day or night.

You’re in this for the long haul—and we are, too.

Getting help can boost your chances of quitting tobacco for good. Sign up for SmokefreeVET Text* and get supportive text messages when you need them most. Text VET to 47848 or go to smokefree.gov/vet.

*Standard text messaging rates apply.