IF YOU GET STUCK ON YOUR PATH TO QUITTING TOBACCO

YOU CAN CALL 1-855-QUIT-VET I'M TRYING TO QUIT BUT I'M STUCK…

LET'S FIGURE THIS OUT TOGETHER.

A COUNSELOR WILL HELP YOU CREATE A PLAN

AND CHECK IN TO MAKE SURE YOU STAY ON TRACK

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.