

# YOUR QUIT JOURNEY: INTERACTIVE RESOURCES FOR QUITTING TOBACCO

Quitting tobacco and staying quit can be tough, but YouCanQuit2's interactive resources can help make each step a little easier. Use these tools to support you, no matter where you are on your tobacco free journey.

## **YouCanQuit2 Campaign Website**

Questions about quitting tobacco or staying quit? The YouCanQuit2 website offers information and resources to educate and support Service members no matter where they are on their quit journey. Check back frequently for the most up-to-date information.

## **Support Locator**

Looking for resources to help you quit? Find a variety of services and programs using filters that are unique for Service members. Browse resources based on your location, Military Service, preferred type of support and more.

## **YouCanQuit2 Quit Plan**

Ready to kickstart your quit journey? Create your personal quit plan that will walk you through preparing to quit, give you tips to crush goals, track how much money you're saving without tobacco and monitor progress along the way!

### **Continue your success**



### **Time to quit!**



### **Preparing to quit**



### **Thinking about quitting?**



**Your journey starts here. Visit [ycq2.org/resources](https://ycq2.org/resources) today to get started and tackle tobacco once and for all!**