

JULY 2022

QUIT BRIEF



HOW WE CAN SUPPORT YOU

It's halfway through 2022 and we want to ensure you know all the ways you can use YouCanQuit2 as a professional. Check out the following campaign resources and how you can share them with Service members:

- **Interactive tools and resources to live tobacco free (no matter where Service members are on their quit journey).** The [24/7 Live Chat](#) answers questions related to quitting tobacco including how to get started; the [Support Locator](#) helps identify different types and locations where support is available and the [YouCanQuit2 Quit Plan](#) offers preparation for quitting and tracks quit goals along the way. Highlight these interactive tools by sending out an email blast from your organization/command, post on your intranet page or in publications.
- **Campaign videos to support quit efforts.** Help Service members learn more about the campaign and its resources to set them up for a successful quit. You can download and play these videos at MWR facilities like fitness centers or on your local commander's channel. Also consider using them at stand-downs throughout the year or pairing with your mandatory GMTs.
- **Print products to compliment tobacco cessation and education initiatives.** YouCanQuit2 offers a wealth of materials, including posters, fact sheets and infographics that you can [order in bulk](#) and display for Service members in various settings. Check with your MTF about posting these materials in the pharmacy or on unit bulletin boards, in bathroom stalls and gym locker rooms.

Reaching Service members through different channels of communication is key to success – for both you and Service members. Check out the [campaign toolkit](#) for a thorough guide on how to best promote campaign resources at the local level. YouCanQuit2 is here to support you every step of the way!

All topics and resources highlighted in the e-Newsletter can be found at www.ycq2.org

QUIT RESOURCES

Let Service members know about these online interactive tools so they can make their future tobacco free.



24/7 QUIT TOBACCO LIVE CHAT



YOU CAN QUIT 2 QUIT PLAN



SUPPORT LOCATOR

THE CAMPAIGN

Are Service members looking to level up their muscle gains? Let them know that tobacco may be holding them back. Share these [reasons why quitting tobacco can help build muscle](#) and improve fitness goals!

THE LATEST IN TOBACCO

CBD cigarettes, such as TAAT®, may be available in your area and Service members should be aware of the risks. These products are marketed as tobacco and nicotine free alternatives to traditional cigarettes, but contain CBD and hemp (which also means THC). This means that Service members can pop positive on a drug test if they use one. Remind Service members that avoiding [all types of tobacco products](#), especially those with [prohibited substances](#), can protect their health and career.

YOU CAN QUIT 2

www.ycq2.org

MAKE YOUR FUTURE TOBACCO FREE

[Order free print and promotional materials](#) to support your local tobacco education efforts.

[Contact Us](#) | [Email to Unsubscribe](#)



U.S. Department of Defense