

NOVEMBER 2022

# QUIT BRIEF



## 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

## QUITTING TOBACCO TOGETHER: PREPARING SERVICE MEMBERS FOR QUIT DAY

The Great American Smokeout (GASO) is finally here! On November 17, thousands of people across America will come together to quit tobacco and jumpstart a healthier life. You can better prepare Service members for quitting tobacco this year with the help of YouCanQuit2's resources and tools. The following ideas can complement your local plans:

- **Find GASO resources specifically for professionals, like you!** All the info you need is on the [Observances and Events page](#) like the GASO 2022 image to download and use on your social media or newsletter. Plus - browse the [GASO Guide](#) for ready-to-use messages, resources to complement your local GASO efforts (think: free materials, customizable guides and social media to name a few) and more to support Services members throughout the month.
- **When in doubt, use "2 A's and an R."** Engage Service members during GASO beyond providing reading materials. **A**sk them about their tobacco use. **A**dvice all who use to quit. And, if they're interested in quitting, **R**efers them to a cessation service or program. Even if they're not ready to quit, this can help build conversation and encouragement around the quit process. If you have more time and it's appropriate, consider using the "5 A's" as well!
- **Add interactive videos to your tobacco education and cessation efforts.** Quitting tobacco can be a tough and personal process. Share these [videos](#) where Service members can find information that may resonate and inspire their own quit journey. You can download and include these videos in your efforts, such as at stand-downs throughout the year - bonus points for adding or linking them on your resources such as social media and POD/POW during GASO!
- **Add your programs and services to the [Support Locator](#).** Make sure your tobacco cessation programs and services are listed in time for GASO so that Service members can locate and use them leading up to November 17. Interested in submitting your program? Start your request [here](#).

Quitting tobacco isn't easy, but with the help of your local GASO plans, Service members can feel empowered to live tobacco free.

## THE CAMPAIGN

Looking for ways to encourage Service members to quit tobacco on November 17? Show them [how much money they could save](#) without tobacco. With the holidays around the corner, that extra cash can be quite useful! Also, share this new [interactive tools poster](#) for resources to support them every step of the way.



## ONE LAST THING

A [recent study](#) found that nonsmokers can be exposed to tobacco chemicals in thirdhand smoke by touching contaminated surfaces or breathing in the gases that thirdhand smoke may release. Make sure Service members know [what thirdhand smoke](#) is and the potential harms it can have on them and their loved ones.

All topics and resources highlighted in the e-Newsletter can be found at [www.ycq2.org](http://www.ycq2.org).

YOU CAN QUIT 2

[www.ycq2.org](http://www.ycq2.org)

### MAKE YOUR FUTURE TOBACCO FREE

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