

THINKING ABOUT QUITTING TOBACCO?

TOBACCO CESSATION RESOURCES GUIDE

**YOU
CAN QUIT²**
MAKE YOUR FUTURE
TOBACCO FREE

Maybe you tried to quit tobacco in the past but started using again, or you are not sure if you're ready to take on quitting tobacco. Whatever your reason, these resources can help you find motivation and increase your confidence so that you can quit tobacco for good.



Websites

Why Do You Want to Quit? (Smokefree.gov)

There are many reasons to quit tobacco: health, family and money, to name a few. What would motivate you to quit?

- Visit <https://smokefree.gov/quit-smoking/why-you-should-quit/why-do-you-want-to-quit>.

Why Do You Smoke? (National Cancer Institute)

What makes you crave a cigarette? Knowing your triggers before a quit can help you prepare for any challenges.

- Visit <https://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/tobacco-free-living/whyDoYouSmoke.pdf>.



Free* Texting Programs

Practice Quit: (Smokefree.gov)

Practice quitting tobacco for a day or two at a time. Practicing will help when you decide to quit completely.

- Text GO to 47848 or sign up at <https://smokefree.gov/tools-tips/text-programs/practice-quitting/practice-quit>.

Daily Challenges: (Smokefree.gov)

Build the skills you will need during a quit to feel better prepared when you take that step.

- Text GO to 47848 or sign up at <https://smokefree.gov/tools-tips/text-programs/practice-quitting/daily-challenges>.

Feel Ready to Quit?

Check out the other side of this handout, "Ready to Quit Tobacco?," for resources, information and support you need to successfully quit tobacco.



*Message and data rates may apply depending on your mobile phone plan. Check with your mobile carrier before signing up if you have additional questions.



U.S. Department of Defense

www.ycq2.org



READY TO QUIT TOBACCO?

TOBACCO CESSATION RESOURCES GUIDE

**YOU
CAN QUIT2**
MAKE YOUR FUTURE
TOBACCO FREE

Congratulations on deciding to quit tobacco! Use one, two or all of the resources on this page during your quit. Quitting can be hard, but these resources can help you quit tobacco for good.

Free* Texting Programs

Smokefree Texting Programs: (Smokefree.gov)

Get 24/7 encouragement and support to help you quit tobacco. Learn about these and others here <https://smokefree.gov/tools-tips/text-programs> or to get started:

- Text START to 47848
- Text VET to 47848 (SmokefreeVET)
- Text SPIT to 333888 (DipfreeTXT)

This is Quitting (Truth Initiative®)

Get tips and advice for quitting JUUL or e-cigarettes. Text "DITCHVAPE" to 88709 or visit <https://truthinitiative.org/thisisquitting> for more information.

Mobile Apps

Stay Quit Coach: (Department of Veterans Affairs)

Create a tailored quit plan and use interactive tools to cope with urges, stay motivated and find support during your quit.

- Visit <https://mobile.va.gov/app/stay-quit-coach>.

QuitGuide: (Smokefree.gov)

Figure out your smoking patterns and build skills you need to stay smoke free.

- Visit <https://smokefree.gov/tools-tips/apps/quitguide>.

quitSTART: (Smokefree.gov)

Find tips, monitor progress and earn badges to help you stay on track and become smoke free.

- Visit <https://smokefree.gov/tools-tips/apps/quitstart>.

*Message and data rates may apply depending on your mobile phone plan. Check with your mobile carrier before signing up if you have additional questions.

Websites

YouCanQuit2 Campaign

Visit <https://www.ycq2.org> to find resources and interactive tools to use before, during and after a quit, including:

- YouCanQuit2 Quit Plan to make a customized, personal quit plan
- Support Locator to find the resources and programs you need to quit tobacco

TRICARE's Tobacco Cessation Resources: (TRICARE®)

Learn what counseling services and tobacco cessation products are available to help you quit.

- Visit <https://tricare.mil/CoveredServices/IsItCovered/TobaccoCessationServices>.

Smokefree.gov: (Smokefree.gov)

Get the support, tips and tools you need to quit.

- Visit <https://smokefree.gov/>.

Quitlines

1-800-QUIT-NOW (784-8669):

Call to connect directly to your state's quitline.

- Visit <https://map.naquitline.org/default.aspx> for information on state quitlines.

