

Quitting tobacco is one of the best things you can do to help your Whole Health.

There is a long history of smoking and other tobacco use in the military. Many Veterans used tobacco while they served, particularly during deployment.

Now seven out of every 10 Veterans who smoke would like to quit – for both the physical benefits and their mental health. A majority of them are successful.

If you're one of those Veterans, or if the Veteran in your life is trying to quit, you've come to the right place.

VA offers resources for making a quit plan and sticking to it. It's been said before and it's true: [You can quit tobacco](#). And we want to be there when you do.

Suggestions to Help You Quit Smoking

- Make a list of reasons why to quit
- Get support of family and friends
- Learn your triggers
- Learn to manage cravings
- Develop healthy eating habits
- Learn to manage stress without using tobacco
- Take it one day at a time

Don't give up!

Smoking is an addiction and something that is a habit. It's common to have slip-ups, but don't give up!



Quit Tobacco Today

VA



U.S. Department
of Veterans Affairs



You CAN quit Tobacco!

The research is clear – you have your best chance at quitting tobacco when you get behavioral counseling and use cessation medication. Counseling helps you make long-term changes to your behavior so that you can remove tobacco from your life, and medication helps with the physical cravings caused by nicotine addiction.

Quitting tobacco is not easy, and many Veterans make multiple quit attempts before quitting for good. VA health care providers are ready to help all Veterans who are ready to quit smoking or using smokeless tobacco products.

Resources

- Tobacco cessation counseling and medications provided at all VA medical centers
- For information about the VA location closest to you, go here: <https://www.va.gov/directory/guide/home.asp>
- Quit VET: VA's tobacco quitline, in English and Spanish. Call 1-855-QUIT-VET (1-855-784-8838) between 9 a.m. and 9 p.m. ET, Monday through Friday.

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- SmokefreeVET: VA's quit tobacco text messaging program. Text **VET** to **47848** or visit smokefree.gov/VET to sign up for SmokefreeVET in English. For Spanish, text **VETesp** to 47848 or visit <https://veterans.smokefree.gov/ols-tips-vet/smokefreevetesp>.
- Stay Quit Coach: VA's interactive quit tobacco app. Visit <https://mobile.va.gov/app/stay-quit-coach> to download.

Medications to Help You Quit Tobacco!

There are many types of medications used to help people quit tobacco. Some of these medications provide nicotine to help you slowly reduce the nicotine level in your body when you quit tobacco. Medications that provide nicotine are called nicotine replacement therapy (NRT).

NRT reduces your cravings for nicotine and helps reduce nicotine withdrawal symptoms. There are also two medicines, bupropion (Zyban®) and varenicline (Chantix®), which do not contain nicotine, but can help you have fewer cravings for nicotine.

All medications are effective in increasing your chances of stopping for good. The medications listed below are available through VA.

Contact your primary care provider or mental health provider if you are interested in using medications to help you quit tobacco.

1. Nicotine replacement therapy (NRT)
 - Nicotine patch
 - Nicotine lozenge
 - Nicotine gum
2. Bupropion (Zyban®, Wellbutrin®)
3. Varenicline (Chantix®)

Some of these medications can be used together to help you stop tobacco. Many studies have shown that these combinations are effective and can work better than using one medication alone.

Contact your VA health care provider to learn about available local tobacco cessation clinics and group counseling sessions. To receive counseling over the phone, call 1-855-QUIT-VET (1-855-784-8838) to receive support from a trained Quit VET counselor.