

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.



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.

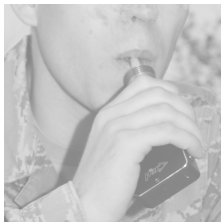
- Text GO to 47848 or sign up at <https://smokefree.gov/practicequittxt-signup>.



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/dailychallenges-signup>.



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?

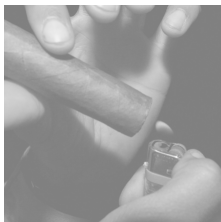
- Visit <https://smokefree.gov/quitting-smoking/reasons-quit/why-do-you-want-quit>.



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



Feel ready to quit? Check out the other side of this handout, "Ready to Quit?," for resources to help you set up a quit plan and get the support you need to successfully quit tobacco.



TOBACCO RESOURCES GUIDE

READY TO QUIT?

YOU CAN **QUIT2**

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

SmokefreeMIL: (ycq2.org)

Get 24/7 encouragement and advice on quitting tobacco—created for Military Service members like you.

- Text MIL to 47848 or visit <https://www.ycq2.org/resources-for-quitting-tobacco/smokefreemil/>.

Smokefree Texting Programs (Smokefree.gov)

Get 24/7 encouragement and advice to help you quit tobacco with these three programs.

- Text START to 47848 or sign up at <https://smokefree.gov/smokefreetxt>.
- Text MOM to 222888 or sign up at <https://smokefree.gov/smokefreemom>.
- Text VET to 47848 or sign up at <https://smokefree.gov/smokefreevet>.

DipfreeTXT: (Smokefree.gov)

Get the encouragement and advice you need to quit dip.

- Text SPIT to 333888 or sign up at <https://smokefree.gov/become-smokefree/dipfreetxt-signup>.

Truth Initiative (Thisisquitting.com)

Get tips and advice for quitting JUUL or e-cigarettes.

- Text QUIT to 202-804-9884 or visit <http://www.thisisquitting.com/> for more information.

Mobile Apps

QuitGuide: (Smokefree.gov)

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

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

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>.

Websites

YouCanQuit2: (ycq2.org)

Find resources to use before, during and after a quit, such as the 24/7/365 Live Chat that provides personalized online support from coaches eager to help you quit tobacco.

- Visit <https://www.ycq2.org>.

TRICARE's Tobacco Cessation Resources: (TRICARE®)

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

- Visit <https://tricare.mil/HealthWellness/Tobacco>.

Smokefree.gov: (Smokefree.gov)

Get the support, tips, tools and expert advice you need to quit smoking long-term.

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

Quitlines

1-800-QUIT-NOW:

Call to connect directly to your state's quitline.

- Call 1-800-QUIT-NOW (784-8669) or visit <http://map.naquitline.org/> for more information on state quitlines.

Freedom Quitline: (Department of Defense/National Institutes of Health/University of Virginia)

See if you are eligible as a TRICARE beneficiary to get smoking cessation counseling and free nicotine replacement therapy.

- Call 1-844-426-3733 or visit <https://www.freedomquitline.org/>.

Learn more at ycq2.org

Contact Us: dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil

