VA Tobacco Cessation Resources

Counseling

Call **Quit VET (1-855-QUIT-VET, 1-855-784-8838)** to speak to a tobacco cessation counselor between 9 a.m. and 9 p.m. Eastern time, Monday through Friday. Quit VET connects Veterans to a trained counselor who can help develop a quit plan and provide ongoing counseling and support to prevent relapse.

Text Support

Sign up for **SmokefreeVET** to receive texts with tips and tools to beat cravings by texting **VET** to **47848**. Benefits of signing up for SmokefreeVET include regular text messages and extra support at your fingertips when you text the keywords URGE, STRESS, SMOKED, and DIPPED to 47848.

Online Support

Follow the SmokefreeVET Facebook page for tips and encouragement from other Veterans
facebook.com/smokefreevet

Medications

Talk to your doctor about using the patch, gum, lozenges, or other medications to help you quit. Watch a video to learn about VA's proven approach, combining **counseling with medication**.

Self-Help

Find VA resources and more tips for quitting at **mentalhealth.va.gov/quit-tobacco** and **veterans.smokefree.gov**

Local Resources

Quit smoking today! Your primary care team is ready to help.
Tobacco cessation medications: PACT Team-Pharmacist
Tobacco cessation counseling: PACT Team-Mental Health Integration

Using MyHealtheVet? Secure Message Team--MIA Tobacco Cessation

U.S. Department of Veterans Affairs