

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?

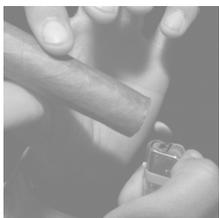
- Visit <https://smokefree.gov/quitting-smoking/reasons-quit/why-do-you-want-quit>.



### 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.



\*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.

# TOBACCO RESOURCES GUIDE

# READY TO QUIT?

YOU CAN **QUIT** 2

## 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 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>.

#### **Truth Initiative® (Truthinitiative.org)**

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

- Text "DITCHJUUL" to 88709 or visit <https://www.thetruth.com/articles/hot-topic/quit-vaping> for more information.

#### **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>.

### 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/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>.

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### Websites

#### **YouCanQuit2: (Defense Department)**

Find resources to use before, during and after a quit, such as the 24/7 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 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, 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.

Learn more at [ycq2.org](http://ycq2.org)

Contact Us: [dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil](mailto:dha.ncr.comm.mbx.u-can-quit-2-quit-tobacco@mail.mil)



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