Veteran's Resources

Thinking about quitting tobacco but not sure where to start?
These resources offer the support and education needed to quit tobacco.
Many resources are available to protect service members and their families from the harms of tobacco!

- **Quit Now Indiana (quitnowindiana.com)**
  - Call 1-800-QUIT-NOW (1-800-784-8669) or text READY to 31491 for FREE 24/7 quit help from a trained quit coach.
- **TRICARE (tricare.mil/CoveredServices/IsItCovered/TobaccoCessationServices)**
  - Counseling and tobacco cessation products are available from TRICARE authorized providers.
- **You Can Quit 2 (ycq2.org)**
  - Education campaign from the U.S. Department of War with the mission to help Service members quit tobacco for themselves and their loved ones.
- **Service-Specific Resources and Programs**
  - **(cdc.gov/tobacco/campaign/tips/groups/military.html)**
- **QUIT VET (mentalhealth.va.gov/quit-tobacco/quit-vet.asp)**
  - Call 1-855-QUIT-VET for any veteran who gets care through the VA. Talk with a trained quit coach to help in any stage of quitting.
- **Smokefree VET (veterans.smokefree.gov/tools-tips-vet/smokefreevet)**
  - Text VET to 47848 for those enrolled in VA health care and want to quit tobacco. Receive 3-5 text messages per day for tips, encouragement, & quit support.
- **National Cancer Institute Quitline**
  - Call 1-877-44U-QUIT for free/confidential phone counseling & cessation support.
- **Breathe: Healthy Steps to Living Tobacco Free (justbreathein.org/for-parents/)**
  - Handouts, worksheets, videos, and activities for parents of young children that can help limit exposure to second and thirdhand smoke or vapor.