



# Be Tobacco Free

**Don't use tobacco in any form. If you are using tobacco, the VA can help you quit. Avoid secondhand smoke. If you are pregnant, both you and your baby will benefit when you quit using tobacco.**

- Be Tobacco Free: A Healthy Living Message  
[http://www.prevention.va.gov/Healthy\\_Living/Be\\_Tobacco\\_Free.asp](http://www.prevention.va.gov/Healthy_Living/Be_Tobacco_Free.asp)
- Be Tobacco Free – Whiteboard Video  
<https://www.youtube.com/watch?v=JOFAQzFgBRw>

## U.S. Department of Veterans Affairs

- VA Tobacco & Health website  
<http://www.publichealth.va.gov/smoking>  
Provides information on quitting, preventing, and treating smoking and tobacco use for Veterans, their families and health professionals.

## VA Smoking Cessation Resources for Veterans

- **Quit VET** is a national, toll-free smoking cessation quit line for Veterans who receive their health care in VA. Call 1-855-QUIT-VET for free counseling, Monday – Friday, 8 am – 10pm ET. Counseling is also available in Spanish  
<http://www.publichealth.va.gov/smoking/quitline.asp>
- **SmokefreeVET**, a text messaging program for Veterans to provide support and encouragement 24/7 during a quit attempt. You can sign up for the program in English by texting the word **VET** to **47848** from your mobile phone or by visiting [www.smokefree.gov/VET](http://www.smokefree.gov/VET).

For Spanish, text **VETesp** to 47848 or visit [www.smokefree.gov/VETespanol](http://www.smokefree.gov/VETespanol).

- **Stay Quit Coach**, a free Smartphone app to help support you during a quit attempt, available at the Apple app store:  
<https://mobilehealth.va.gov/app/stay-quit-coach>.
- **Women and Tobacco: Health Effects and Quitting resources:**  
<http://www.publichealth.va.gov/smoking/women/index.asp>

## Veterans Health Library---

<http://www.veteranshealthlibrary.org/>

The Veterans Health Library (VHL) offers Veterans, their families and caregivers 24/7 Internet access to comprehensive, Veteran-focused health information that's consistent with VA clinical practice. Its information, resources, and tools are engaging, "Veteran-friendly" and written in plain language VHL helps Veterans understand and manage health problems, make informed health decisions, and actively partner with their health care teams. Check out the VHL for more information.

- **Chronic Lung Disease: Tips for Quitting Smoking**  
[http://www.veteranshealthlibrary.org/LivingWith/COPD/Managing/QuittingSmoking/142,82483\\_VA](http://www.veteranshealthlibrary.org/LivingWith/COPD/Managing/QuittingSmoking/142,82483_VA)
- **Smoking & Pregnancy**  
<http://www.veteranshealthlibrary.org/HealthyLiving/tobaccofree/Pregnancy/>
- **Manage Stress Workbook: An Award-Winning Resource**  
<http://www.veteranshealthlibrary.org/Search/22,ManageStressWorkbook>



### Other VA Smoking Cessation Resources for Health Care Professionals

- VA Tobacco & Health intranet site:  
<http://vaww.publichealth.va.gov/smoking/index.asp>

### Other (non-VA) Federal Government Resources for Health Care Professionals and Veterans

- **Office of the Surgeon General: Tobacco Cessation**  
<http://www.surgeongeneral.gov/tobacco/>  
*Treating Tobacco Use and Dependence: 2008 Update* includes new, effective clinical treatments for tobacco dependence and the latest information to help people quit smoking.
- [http://www.cdc.gov/tobacco/data\\_statistics/sgr/2010/consumer\\_booklet/pdfs/consumer.pdf](http://www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet/pdfs/consumer.pdf)  
*A Report of the Surgeon General: How Tobacco Smoke Causes Disease* is a consumer version of the

complete 2010 Surgeon General's report on how tobacco causes disease.

- **US Department of Health and Human Services National Cancer Institute, NIH**  
<http://www.smokefree.gov>  
<http://women.smokefree.gov/>  
<http://betobaccofree.hhs.gov/>
- **Centers for Disease Control and Prevention**  
<http://www.cdc.gov/tobacco/>