



Be Tobacco Free November 2018

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
https://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 Smoking Cessation Resources for Veterans

- The VA Tobacco & Health web site
<https://www.mentalhealth.va.gov/quit-tobacco/> provides information on quitting and treating smoking and tobacco use for Veterans, their families and health professionals.
 - Visit the “How to Help” (<https://www.mentalhealth.va.gov/quit-tobacco/how-to-help.asp>) web page for condition- and population-specific handouts related to tobacco use. Tailored resources are available for women Veterans, Veterans living with HIV, smokeless tobacco users, and more.

- **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, 9 am – 9pm ET. Counseling is also available in Spanish.
- **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. For Spanish, text **VETesp** to 47848 or visit www.smokefree.gov/VETespanol.
- The SmokefreeVET web site (<https://smokefree.gov/veterans>) provides tobacco cessation resources for Veterans and interactive tools such as a “Build Your Quit Plan” (<https://smokefree.gov/veterans/how-to-quit/build-your-quit-plan>) page and an interactive Nicotine Replacement Therapy (<https://smokefree.gov/veterans/tools-help-you-quit/quit-for-good-with-nrt>) page.
 - Visit the **SmokefreeVET Facebook page** (<https://www.facebook.com/smokefreevet/>) for additional tips and support.



Additional VA Smoking Cessation Resources for Veterans

- **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>.
- **Manage Stress Workbook**, an award-winning resource:
https://www.prevention.va.gov/MPT/2013/docs/ManageStressWorkbook_Dec2013.pdf

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
- **Smoking & Pregnancy**
<http://www.veteranshealthlibrary.org/HealthyLiving/tobaccofree/Pregnancy/>