Interested in quitting? VA can help. Talk to your VA health care provider today!

Quit VET A toll free telephone smoking quitline

Speak with a counselor and get:
- Individualized counseling
- Help developing a quit plan
- Strategies to prevent relapse
- Follow-up calls to help you stay quit

1-855-QUIT VET (1-855-784-8838)
Mon–Fri 8 am – 8 pm (ET)
Consejería en Español es disponible

smokefree VET A mobile text message smoking cessation service

24/7 encouragement, advice, and tips to help you stop smoking for good.

To Sign Up: text the word VET to 47848 from your mobile phone
Or Visit: www.smokefree.gov/VET

You don’t need to sign up to get support! Text URGE, STRESS, or SMOKED anytime to 47848 for support.

*If you pay for individual texts, this program may not be for you. Standard messaging rates apply.

A partnership between the U.S. Department of Veterans Affairs and the National Cancer Institute at the National Institutes of Health, U.S. Department of Health and Human Services
Talk to your VA provider about using nicotine replacement therapy (NRT) or other medications when you quit.

Medication

Support
Text the word VET to 47848 to receive tips & help quitting.
Ask your family & friends for support when you quit.

Self-help Materials
Check out this web site for tools & tips to help you quit: www.publichealth.va.gov/smoking

Counseling
Your VA provider can give you counseling to quit smoking or a referral to a smoking cessation clinic.
Call 1-855-784-8838 to speak with a counselor and develop a personalized quit plan.