

VETERANS Ready to stop smoking?



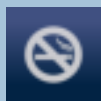
VA Maine Healthcare System - Togus

Call Cathy Burgess at (207) 623-8411
Free Support Group & Nicotine
Replacement



Free - VA National Quitline

Call 1-855-QUIT-VET (1-855-784-8838)
Phone counseling for those who
receive VA healthcare



Free - Veterans Stay Quit Coach App

Download from app store

- Create a plan
- Cope with cravings
- Receive support



Free - SmokeFree Vet Text Support

Text VET to 47848

- Daily text messages
- Advice
- Support



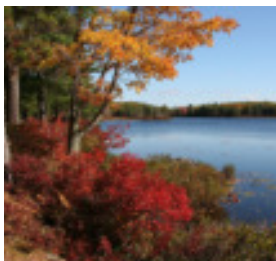
Free - You Can Quit 2 - Live Chat Support

Visit ycq2.org for coaching,
resources, tips and encouragement

Thank you for your service



LEARN MORE AT MAINE.VA.GOV



READY TO STOP SMOKING? FREE HELP



Free - Maine QuitLink Phone Coaching

Call 1-800-Quit-Now. Speak to a trained quit coach. Access free nicotine gum/patches/lozenge



Free - Maine QuitLink Web Coach and Quit Community

Visit MaineQuitLink.com for web coach, quit tools, a community forum and more. Free nicotine gum/patch/lozenge.



Free - QuitGuide Smart Phone/Mobile App

- Understand smoking patterns
- Track cravings
- Motivational messages



Free - Quit Now Smart Phone/Mobile App

- Track achievements
- Track motivations
- Track health improvement
- Ex-smokers chat community



Free - This Is Quitting Texting Program

Text MAINE to 88709. Free, confidential vaping quit support texting program. Available for teens and young adults.