



# VETERANS Ready to stop smoking?



## VA Maine Healthcare System - Togus

Call Cathy Burgess at (207) 623-8411

Free Support Group & Nicotine Replacement



## VA National Quitline - Free

Call 1-855-QUIT-VET (1-855-784-8838)

Phone counseling for those who receive VA healthcare

## Veterans Stay Quit Coach App - Free



Download from app store

- Create a plan
- Cope with cravings
- Receive support

## SmokeFree Vet Text Support - Free

Text VET to 47848

- Daily text messages
- Advice
- Support



## You Can Quit 2 - Live Chat Support - Free

Visit [ycq2.org](http://ycq2.org) for coaching, resources, tips and encouragement

Thank you for your service



LEARN MORE AT [MAINE.VA.GOV](http://MAINE.VA.GOV)