



# 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)



# READY TO STOP SMOKING? Free Help



## Maine QuitLink Phone Coaching

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



## Maine Quitlink Web Coach and Quit Community

Visit [MaineQuitLink.com](http://MaineQuitLink.com) for web coach, quit tools, a community forum and more. Free nicotine gum/patch/lozenge.

## QuitGuide Smart Phone/Mobile App



- Understand smoking patterns
- Track cravings
- Motivational messages

## Quit Now Smart Phone/Mobile App

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



## This Is Quitting Texting Program

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