

Montgomery County, MD - Veterans Network Directory

Smoking and Tobacco Use

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This is a project of the Montgomery County Commission on Veterans Affairs. To submit an update, add or remove a listing, or request an alternative format, please contact: MCCVA@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

Stop Smoking Program - Montgomery County Public Health Services

1401 Rockville Pike
Rockville, MD 20852

240-777-1222 (V)

www.montgomerycountymd.gov/HHS-Program/Program.aspx?id=PHS/PHSTobaccoStopPrevent-p296.html

The program provides culturally and linguistically appropriate information on the dangers of using tobacco products, nicotine addiction, and tobacco cessation programs and therapies (medications and behavioral counseling) offered throughout the county. Nicotine replacement therapy (NRT) products, like patches, gum and lozenges, are available for free from the Maryland Tobacco Quitline (1-800-784-8669). This program is funded in part by the Maryland Cigarette Restitution Fund Program.

Tobacco and Health - U.S. Department of Veterans Affairs

www.mentalhealth.va.gov/quit-tobacco

1-855-QUIT-VET (Smoking Hotline)

Talk to your VA health care provider about help with quitting smoking, including getting medication to improve your chances of quitting and a referral to a VA smoking cessation clinic. Offer the following resources to help you on your journey:

- **Medications:** Using FDA-approved medications, such as nicotine replacement therapy, bupropion, and varenicline, while you're quitting can help you manage nicotine withdrawal symptoms and cope with the urge to smoke. Your VA provider can guide you through the available options to help you decide which is likely to work best for you.
- **Counseling:** Combining smoking cessation medications with counseling offers you the best chance of quitting — and staying tobacco-free. VA offers tobacco cessation counseling, in person or over the phone, to talk about your tobacco use, ways to get tobacco out of your life, coping with triggers, and changing your lifestyle to remain tobacco-free. To learn more, contact your VA health care provider.
- **Tobacco Cessation Quitline:** Did you know? Tobacco quitlines can double your chances of quitting, compared with getting no support at all. Call to make your quit plan, get individual counseling, and develop strategies for preventing relapse. Quitline counselors offer continued support through follow-up calls, and counseling is available in both English and Spanish.
 - Call 1-855-QUIT-VET (1-855-784-8838) between 9 a.m. and 9 p.m. ET, Monday – Friday
- **SmokeyfreeVET:** Need a little encouragement while you're quitting tobacco or smokeless tobacco? The free SmokeyfreeVET text message program will provide you with daily advice and support. Or, you can reach out when you feel tempted to use tobacco or stressed about quitting using the words URGE, STRESS, SMOKED, or DIPPED.
 - Text VET to 47848 or visit smokefree.gov/VET to sign up.
 - For messages in Spanish, text VETesp to 47848 or visit smokefree.gov/VETespanol.
- **Stay Quit Coach:** This mobile app was designed to help you quit smoking. Use it to develop a customized plan, taking into account your personal reasons for quitting. It will provide information, motivational messages, interactive tools for dealing with urges, and support to help you stay smoke-free