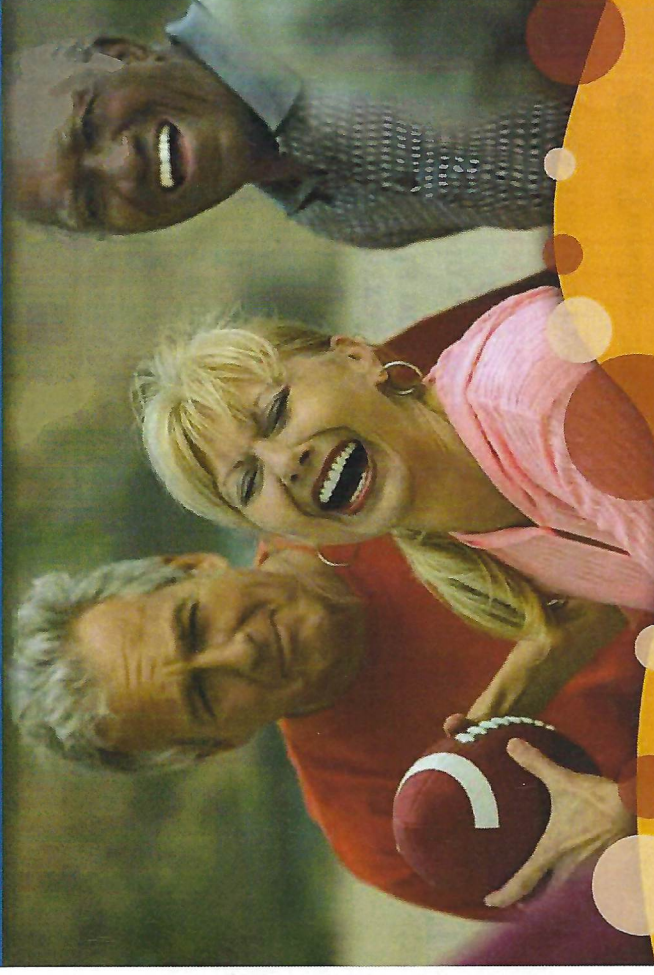


Quit Tips

- Think about prior quit attempts, especially what was helpful and what led to relapse.
- Keep a diary of your tobacco use; use the information to make a quit plan.
- Set a quit date; birthdays, anniversaries or other special days work well.
- Seek help with the necessary behavior changes. Quitting with counseling and medication together is the most effective way to stop smoking!
- Nicotine Replacement Therapy (NRT) such as the nicotine patch, gum, or lozenge is available.
- Talk to your primary care provider about using NRT medicines to help you quit. If you are admitted to the hospital, your doctor can order NRT medicines to help you quit during your hospital stay.
- Stock up on low calorie snacks, gum and mints.
- Learn and practice new ways of coping with stress.
- Reward yourself for the hours, days, weeks, and months that you are Tobacco-Free!
- Talk with your VA health care provider today about what works to help you be Tobacco Free!

Be Tobacco Free
Live Better - Quit Smoking
Today and Celebrate More!



VA San Diego Healthcare System
Tobacco Use Cessation Programs

Breath Easier

Be Healthy

Taste More

Smile Wider

Live Longer

VA San Diego Healthcare System Tobacco Use Cessation Programs

Pharmacy Telephone Tobacco Cessation Clinic

The Pharmacy Telephone Clinic provides telephone counseling and medications for quitting tobacco use. To enroll call: **1-800-331-8387 x3903 or 858-642-3903**

Tobacco Cessation Classes

- All classes meet weekly for 60 minutes
- You can start attending at any time
- You will receive counseling on behavior change, support and medications to help you quit tobacco use
- These are drop-in groups:
- **No referral or appointment is needed; There is no co-pay for attending classes**
- Check-in and make appointment when you arrive.

Tobacco Free Classes

La Jolla Tobacco Free Class:

Every Tuesday 9:30-10:30 am or 12:00-1:00pm
Second floor 2 North Room 2436
Check in at mental health clinic window

Mission Valley Tobacco Free Class:

Every Tuesday at 1:00 – 2:00 pm, second floor, Room 2141
Check in at mental health clinic window

Oceanside Tobacco Free Class:

Every Monday, 1:00 – 2:00 pm, Oceanside, 2nd floor, Conference Room A.
Check in at blue primary care clinic desk

Chula Vista Tobacco Free Class:

Every Wednesday, 5:00 – 6:00 pm
Check in at primary care clinic window

Questions? Call Dr. Mark Myers, 858-642-3436

VA Nationwide Resources

Telephone counseling: 1-855-QUIT-VET
Text Quit Program: www.smokefree.gov/VET/
Online: www.publichealth.va.gov/smoking

Community (Non-VA)

California Smokers Helpline: 1-800-NO-BUTTS
Free telephone counseling
www.californiasmokershelpline.org
Nicotine Anonymous: Free 12-step self-help program
(619) 682-7092 www.nicotineanonymous.org

Non-VA Online Resources

American Cancer Society
www.cancer.org/Healthy/StayAwayfromTobacco
American Lung Association
www.lungusa.org/stop-smoking/
U.S. Dept. of Health & Human Services
www.smokefree.gov
Quit4Good www.quit4good.com
Quitnet www.quitnet.com

Smokeless Tobacco Help

ChewFree www.chewfree.com
Oral Health America
www.Oralhealthamerica.org/programs/nstep
American Cancer Society
www.cancer.org/Healthy/StayAwayfromTobacco
National Institutes of Health
www.nidcr.nih.gov/OralHealth/Topics/SmokelessTobacco/SmokelessTobaccoAGuideforQuitting.htm

Note: VA does not support or endorse these non-VA websites