

# TOBACCO CESSATION COUNSELING

## What is it and how does it help?

Tobacco cessation counseling is when you talk with a healthcare provider or a counselor about your tobacco use and work on ways to get tobacco out of your life. This type of counseling helps you change your behaviors and habits to avoid using tobacco. It also can help you think differently about tobacco and your triggers.

## How do I use it?

An important part of counseling is figuring out what triggers your tobacco use. Some of these triggers probably sound familiar:

- Talking on the phone
- Drinking a cup of coffee
- Drinking alcohol
- Feeling bored
- Needing a break
- Facing stress
- Having insomnia

Counseling will help you to figure out how you can avoid or cope with your triggers so you don't start using tobacco again (or relapse) after you quit. For example, if you smoke with your morning coffee, your counselor may suggest that you have your coffee in a smokefree environment (such as a restaurant or a work kitchen) or switch to tea instead.

## How do I get VA counseling?

- **Contact your healthcare provider.** Tell them you are quitting tobacco. They can give you counseling as well as provide you with smoking cessation medication. Your provider can also refer you to local smoking cessation clinics and group counseling sessions.
- **Call the Quitline.** Speak with a Quit VET counselor Monday–Friday. Dial **1-855-QUIT-VET** (1-855-784-8838).
- **Sign up for SmokefreeVET Text.** Get encouraging and informative messages via text. Text **VET** to **47848** or go to **Smokefree.gov/vet**.

Using medication together with behavioral counseling gives you the best chance of quitting tobacco. Talk with your healthcare provider about the best medication for you.

VETERANS HEALTH ADMINISTRATION  
**Smokefree.gov/veterans**