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ADS TO REACH MILITARY AUDIENCES

A decorative horizontal bar at the bottom of the slide, consisting of a dark blue bar with a row of small, colored rectangular segments in shades of olive green, light blue, green, orange, cyan, yellow, and dark blue.


MCRC ADS TO REACH MILITARY AUDIENCES



YouCanQuit2 Video

TOBACCO RESOURCES GUIDE
THINKING ABOUT QUITTING? YOU CAN QUIT 2

Maybe you tried to quit tobacco in the past but started using again, or you are not sure if you're ready to take on quitting tobacco. Whatever your reason, these resources can help you find motivation and increase your confidence so that you can quit tobacco for good.


 **Free* Texting Programs**

Practice Quit: (Smokefree.gov)
Practice quitting tobacco for a day or two at a time. Practicing will help when you decide to quit completely.

- Text GO to 47848 or sign up at <https://smokefree.gov/practicequitat-signup>

 **Daily Challenges:** (Smokefree.gov)
Build the skills you will need during a quit to feel better prepared when you take that step.

- Text GO to 47848 or sign up at <https://smokefree.gov/dailychallenges-signup>

 **Websites**

Why Do You Want to Quit? (Smokefree.gov)
There are many reasons to quit tobacco: health, family and money, to name a few. What would motivate you to quit?

- Visit <https://smokefree.gov/quitting-smoking/reasons-quit/why-do-you-want-quit>

Why Do You Smoke? (National Cancer Institute)
What makes you crave a cigarette? Knowing your triggers before a quit can help you prepare for any challenges.

- Visit <http://www.med.navy.mil/sites/nmcphr/Documents/health-promotion-wallpost/tobacco-free-living/whyDoYouSmoke.pdf>

Feel ready to quit? Check out the other side of this handout, "Ready to Quit?," for resources to help you set up a quit plan and get the support you need to successfully quit tobacco. 

*Message and data rates may apply depending on your mobile phone plan. Check with your mobile carrier before signing up if you have additional questions.

YouCanQuit2 Resource Guide

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UN CONSEJO
— DE UN —
EXFUMADOR


Estuve 18 años en las fuerzas armadas y mi batalla más grande fue contra los cigarrillos.

Brian, 60 años
Veterano de la Fuerza Aérea
Texas


Brian recuerda y le dice una historia verdadera. Después de servir a su país en el extranjero y pasar un año en un hospital de investigación y sobre su experiencia, finalmente, después de luchar y años después, se recuperó al respirando un corazón que le salvó la vida.

Usted puede dejar de fumar.

Para recibir ayuda gratuita, llame al
1-855-DEJELO-YA.

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
CDC.gov/tips

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A TIP FROM A FORMER SMOKER

18 years in the military and my biggest battle was against cigarettes.

Brian, age 60
Air Force Veteran
Texas

Brian smoked and got heart disease. He went from serving his country overseas to spending his life in emergency rooms and operating rooms. Finally, he quit smoking and, years later, got a heart transplant that saved his life.

You can quit smoking.

For free help, call
1-800-QUIT-NOW.

 U.S. Department of Health and Human Services
Centers for Disease Control and Prevention
CDC.gov/tips

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A TIP FROM A FORMER SMOKER

The worst enemy I ever faced was cigarettes.

Meet Brian





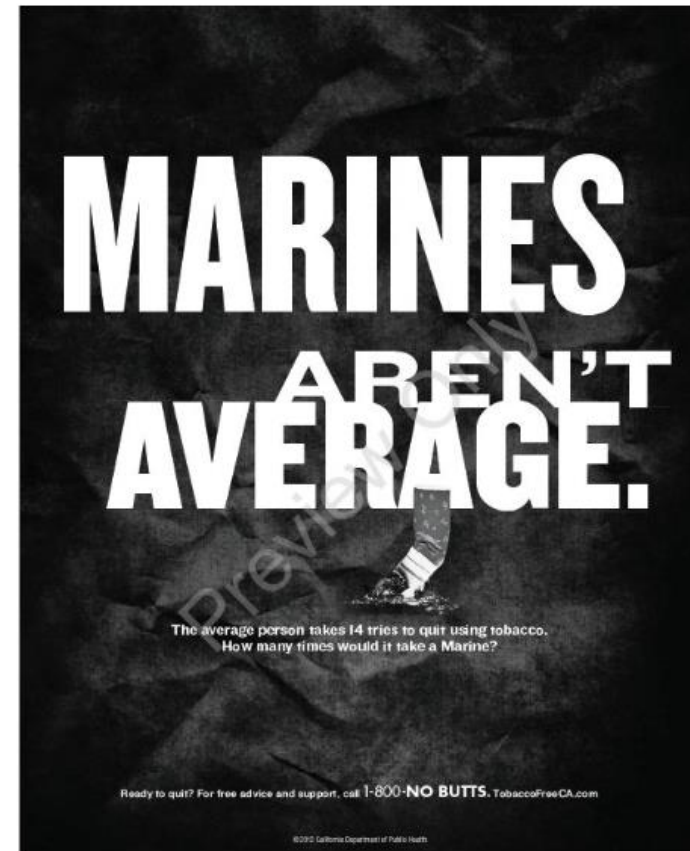
Brian Heart Attack Tip – Digital Display

Brian Heart Attack Tip – Print

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Lost Moments: Military Homecoming



Marines Aren't Average

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The Reasons: Eric



Empowerment Campaign