



## Veterans Network Directory - Montgomery County, MD

### Smoking, Vaping 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](mailto:MCCVA@montgomerycountymd.gov).

#### Efforts to Address Vaping - Montgomery County Department of Health and Human Services

**Vape Free Quit Line:** Text VAPEFREE to 873-373

**MD Quit Line:** 1-800-QUIT-NOW (1-800-784-8669)

<https://www.montgomerycountymd.gov/healthymontgomery/anti-vaping-legislation.html>

#### 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](http://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](http://www.mentalhealth.va.gov/quit-tobacco)

1-855-784-8838 (Tobacco Cessation Quitline)

Hours: Monday through Friday, 9 a.m. to 9 p.m.

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.
- **SmokefreeVET:** For tools and tips you can use to stop smoking or using smokeless tobacco, sign up for SmokefreeVET by texting VET to 47848. SmokefreeVET provides regular text messages and also provides a message with extra support when Veterans text the keywords URGE, STRESS, or SMOKED to 47848. Text the word DIPPED instead of SMOKED to receive a tailored tip for quitting smokeless tobacco. Para inscribirse en SmokefreeVET en español, manda el texto VETesp al 47848.

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