

# Help Service Members Reduce the Stress of Quitting Tobacco.

## MANY USE TOBACCO TO REDUCE STRESS. BUT, TOBACCO ACTUALLY INCREASES STRESS LEVELS.

Over the decades, members of our Armed Forces, facing tremendous amounts of stress, have turned to nicotine for relief—especially during war or extremely perilous operations. Despite its negative health consequences, many still turn to tobacco to combat stress. However, research has found that tobacco use increases stress.<sup>1</sup> Tension develops as nicotine levels drop, resulting in the desire for more nicotine in order to feel normal.<sup>2</sup> That's why those trying to quit tobacco become extremely agitated and experience high levels of stress.

One of the best ways to deal with the stress of quitting tobacco is to talk to someone. Family and friends are a good source of support, but when they aren't available, talking to a trained tobacco cessation specialist can help individuals deal with the anxiety of nicotine withdrawal. The U.S. Department of Defense (DoD) and TRICARE® offer several support lines and stress-management tools to its active duty service members, VA veterans, retirees, and their family and friends so they don't have to go through the stress of quitting tobacco alone.

Health care professionals and clinicians can refer individuals to DoD's tobacco cessation website, <http://www.ucanquit2.org> for Live Chat, one-on-one real-time help for TRICARE/U.S. Department of Veterans Affairs (VA)-eligible beneficiaries and those helping them quit. Live Chat provides access to a tobacco quit coach, 24/7.

All non-Medicare-eligible beneficiaries can talk to a trained specialist through TRICARE's toll-free Smoking Helpline, available 24/7, including weekends and holidays, at one of the following regional numbers.

North Region: 866-459-8766

South Region: 877-414-9949

West Region: 866-244-6870

For those not eligible for TRICARE/VA benefits or for those who are a TRICARE/VA beneficiary eligible for Medicare, these alternative services are offered:

- National Cancer Institute Live Chat:  
<https://cissecure.nci.nih.gov/livehelp/welcome.asp>
- Smokefree.gov: <http://www.smokefree.gov/>
- 1-800-Quit-Now.

To further support the quit process, individuals can enroll in Train2Quit, a U.S. Public Health Service guideline-based, self-paced online system at <http://www.ucanquit2.org>. The site also provides fun games like Texas Hold 'em, a calculator to track savings, blogs for peer support, text message quit tips, and networking links to social media sites such as YouTube at <http://www.youtube.com/profile?user=ucanquit2> or Twitter at <http://twitter.com/#!/ucanquit2>.

<sup>1</sup> Parrott, A.C. (1999). Does smoking cause stress? *American Psychologist*, October 1999, Vol. 54, No. 10, 817-820.

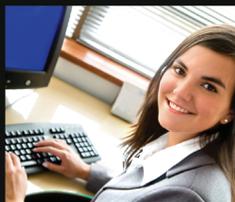
<sup>2</sup> Parrott, A.C. (1998). Nesbitt's paradox resolved? Stress and arousal modulation during cigarette smoking. *Addiction*, 1998, 93(1), 27-39.



## Need Help To Quit Smoking or Chewing Tobacco?

**NOW! FREE!  
One-on-One  
Live Chat!**

Military men and women who are TRICARE® eligible and Veterans Affairs (VA)-eligible beneficiaries can get Live Chat help—personal, real-time support, 24 hours a day, 7 days a week—at the Quit Tobacco—Make Everyone Proud campaign website, [www.ucanquit2.org](http://www.ucanquit2.org).



This U.S. Department of Defense site features trained tobacco cessation coaches ready to lend an ear, answer questions, and help service members get started on a plan to quit smoking or chewing tobacco for good. Convenient and confidential, Live Chat is FREE and easy to use. Refer those you serve to [www.ucanquit2.org](http://www.ucanquit2.org) to help them get the support they need to quit tobacco once and for all!



**QUIT TOBACCO.**  
**make everyone proud**

<http://www.ucanquit2.org> is a DoD-sponsored Web site that provides interactive information and tools to help 18- to 24-year-old active-duty, E1-E4 personnel who are attempting to quit tobacco or who are thinking about quitting tobacco.

## WHY GET LIVE CHAT HELP?

- **It's FREE.**
- **It's one-on-one, real-time chat support.**
- **It's confidential.**
- **It's available 24/7/365.**
- **It's helpful at any stage of the quit process.**

Promote positive stress management for those trying to quit tobacco on your installation. Order or download free posters and other tobacco cessation promotional materials at DoD's website, <http://www.ucanquit2.org>, to direct individuals to the help they need to beat stress and successfully quit tobacco for good.

To access any of the campaign resources or order free materials, go to [www.ucanquit2.org](http://www.ucanquit2.org) today!



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