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Article: *Living Free from Tobacco*

Tobacco – smoking and smokeless tobacco – is extremely dangerous to your health and seriously impacts readiness. Sailors and Marines who use tobacco get sick more often, have poorer fitness test results, and deal with side-effects like fatigue, stress, illness and depression. Tobacco is an expensive addiction with a never-ending list of negative consequences.

Quitting tobacco is easier said than done, but luckily there are plenty of tools and proven methods available to help. The suggestions below can help you become tobacco-free; try a few and figure out which works best for your lifestyle.

In-Person: Support from Medical Centers/Medical Personnel, etc. Visit your local medical treatment facility, talk with a health provider or health promotion team member, or set up a meeting with a Tobacco Cessation Facilitator. Physicians and medical staff can connect you with support, counseling, education, and options such as nicotine replacement therapy and medications.

Online: UCanQuit2.org. The Quit Tobacco – Make Everyone Proud website, www.ucanquit2.org, offers web-based support and education tools like individualized quit plans, facts, games, articles and multimedia. You can also chat anonymously with trained cessation counselors 24 hours a day, 7 days a week. Any of these resources can be used independently or in conjunction with in person support.

On the Phone: Quit Lines. Ready to quit but have some questions? There are plenty of Quit Lines you can call for advice, resources or just to talk. Click [here](#) for a list of numbers.

In Your Pocket: Quit with your Mobile Device. Download a [mobile app](#), sign up for [text message alerts](#), or set reminders for yourself to stay on track. By using your phone, you can take support with you everywhere. And if you feel an urge to smoke or dip, trying playing a game to keep your hands and mind busy instead.

Together: Quit with Friends. Make a pact with friends, shipmates, or others in your fleet to quit tobacco. Having people who understand what you're going through can help you succeed; you can share tips and tricks and support each other along the way.

Visit our [website](#) to learn more about tobacco cessation.