

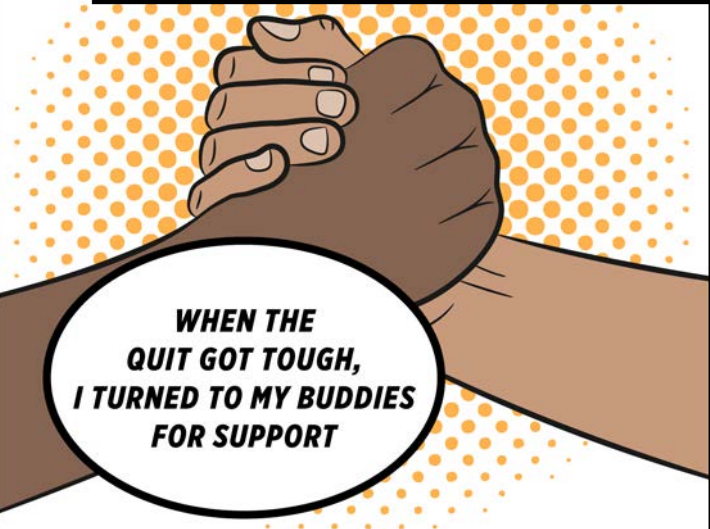


**I STARTED MY QUIT JOURNEY WITH THE HELP OF THESE TOOLS**



**I'M GLAD I REACHED OUT - I KNOW THAT I'M NOT ALONE**

# **QUITTING ~~TO~~BACCO: YOU ARE NOT ALONE**



**WHEN THE QUIT GOT TOUGH, I TURNED TO MY BUDDIES FOR SUPPORT**



**DEPLOYMENT WAS STRESSFUL, BUT I DIDN'T SLIP THANKS TO MY SUPPORT SYSTEM**

**VISIT [YCQ2.ORG](http://YCQ2.ORG) FOR SUPPORT AND RESOURCES TO HELP YOU QUIT TOBACCO**

➔ **TOBACCO CESSATION RESOURCES GUIDE**

➔ **24/7 QUIT TOBACCO LIVE CHAT**

➔ **SUPPORT LOCATOR**

➔ **SAVINGS CALCULATOR**

➔ **MAKING A QUIT PLAN**