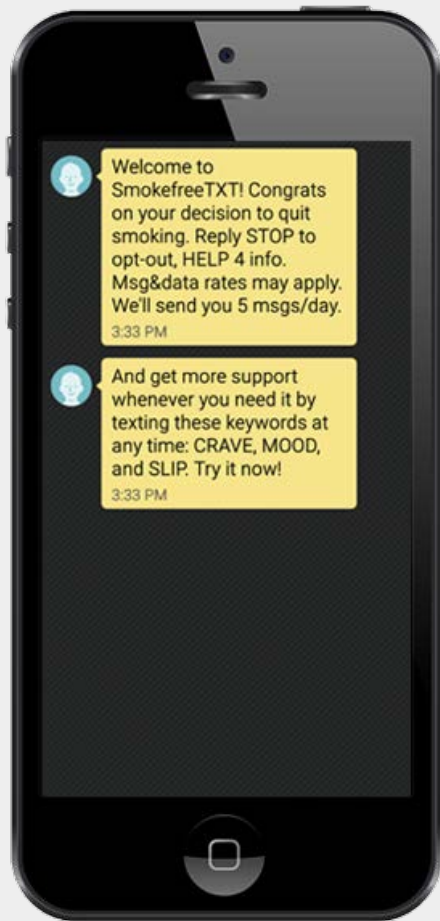


# Smokefree Text Messaging Programs



Smokefree.gov offers free text messaging programs that give 24/7 encouragement, advice, and tips for becoming smokefree and being healthier.

Find the program that meets your needs. You can sign up or opt-out at any time.

## SmokefreeTXT

- SmokefreeTXT is for adults who want to quit smoking.
- The program lasts 6-8 weeks, depending on your quit date. You will receive 3-5 messages per day.
- The text messages provide tips, advice, and encouragement to help you overcome challenges and stay motivated.
- Use the keywords for extra help at any time. Text CRAVE, MOOD, or SLIP to 47848.