

Honor Traditions Safely

Our culture and *čansáša* are sacred and made to be shared — unlike commercial tobacco.

We have lost so many to ailments caused by commercial tobacco. Protect yourself and your loved ones. If you have a commercial tobacco addiction, the South Dakota QuitLine can help you quit.

Restore your health with South Dakota QuitLine services.



Enroll Now

Call 1-866-SD-QUITS (1-866-737-8471)
Dial SD Relay 711
Visit SDQuitLine.com

Do not use without permission from the South Dakota Department of Health.

HONOR EVERY BREATH

Quit With Support.

Enhanced Coaching

Video or phone coaching includes:

- Weekly coaching calls.
- As many as 12 weeks of prescription cessation medications or NRT.
- Step-by-step interactive Quit Guide.

Note: FREE* medications could include varenicline (generic Chantix), bupropion (generic Zyban), lozenges, gum or patches.

Hybrid Text Coaching

2QuitSD hybrid text coaching includes:

- Approximately eight weeks of individual texting with limited calls.
- As many as eight weeks of FREE nicotine lozenges, gum or patches.
- Step-by-step interactive Quit Guide.

Quit On Your Own.

Kickstart Kit

This kit is delivered to you and includes:

- Tools and tips to help you quit.
- As many as four weeks of FREE nicotine lozenges, gum or patches.
- The optional Quit Guide.

Quit Guide

This guide can be delivered to you, used online or printed. It includes:

- Tips and techniques to help you quit on your own.
- Guidance to help understand your addiction and prepare for your quit.
- Recommendations to ease your symptoms and cope.

**Honor Every Breath.
Stop the Smoke.**

Find out more at:
HonorEveryBreath.org

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