

Keep Nicotine From Your Lungs

Save Your Breath to Tell Our Stories

Sharing our stories requires our voice, and our voice requires our breath. When you use commercial cigarettes, vape pens and smokeless tobacco, it robs you of your breath and harms our traditions.

If you have a commercial tobacco addiction, the SD QuitLine can help you quit.



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 your door 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 your door, used online or printed and includes:

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



**Learn more at
HonorEveryBreath.org**

Paid for by the South Dakota Department of Health.

**SOUTH DAKOTA
QUITLINE**