



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 better understand your addiction and prepare for your quit.
- Recommendations to ease your symptoms and cope.

HONOR EVERY BREATH

Stop The Smoke.

1-866-SD-QUITS (1-866-737-8487)

SD Relay 711

Monday – Friday 7 a.m. – 9 p.m. CST
Saturday 9 a.m. – 5 p.m. CST

Voicemail is available 24/7 and calls are returned the next business day.

HonorEveryBreath.org
SDQuitLine.com



@SDQuitLine



@SDQuitLine



facebook.com/SDQuitLine

Paid for by the South Dakota Department of Health.

Honor Traditions Safely.

Our culture and čanśaśa 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 (1-866-737-8487)
Dial SD Relay 711
Visit SDQuitLine.com.

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 nicotine replacement therapy.
- 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.

Traditional Tobacco

Ćanśaśa is the traditional tobacco used by the Lakota and Dakota people. Traditional tobacco has been used by tribes of the Great Plains for centuries as a medicine with cultural and spiritual importance.

Ćanśaśa connects us with the spirit world and those around us.



- Not inhaled
- Sacred
- Not convenient
- Spiritual
- Not addictive
- Natural
- No additives
- No negative health effects

VS

Commercial Tobacco

The poisons and nicotine in commercial tobacco have made us sick and weak and robbed our people of the Great Spirit's sacred gift.

It's time to reclaim our culture and stop supporting using commercial tobacco.



- Inhaled
- Not sacred
- Easy and convenient
- For profit
- Addictive
- Unnatural and processed
- Harmful additives
- Causes countless diseases and health effects

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

