

# GET HELP FREE (13+)

Ready to ditch the habit? Standing up for your health and your good habits is up to you, but you don't have to do it alone. Whether you, your friends or your family are vape or tobacco users, the South Dakota QuitLine is here to help.

## PUT ME IN COACH!

Quitting your habit can be a team sport. Get a coach to help.

### + ENHANCED COACHING

Video or phone coaching includes:

- Weekly coaching calls
- As many as 12 weeks of prescription cessation medication 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.

## LEARN MORE

**1-866-SD-QUITS (1-866-737-8487)**  
**SDQUITLINE.COM**

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

VAPING SUCKS.  
LAY OFF YOUR LUNGS.



# I'M A LONE WOLF!

Quitting doesn't have to be cold turkey. 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.

*\*Any medications and nicotine replacement therapy options vary based on your age and program. Prescription medications require a prescription from a provider. Clinic costs may apply but the prescription itself is free with enrollment.*

## PASS ON THE PUFF

LET THE VAPE PEEK DIE - FOR GOOD.

Visit [vapingsuckstv](http://vapingsuckstv) to see if you know the truth about vaping.

SOUTH DAKOTA

QUITLINE



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