

### Contact the South Dakota QuitLine

## Call 1.866.SD-QUITS

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

# Visit SDQuitLine.com

24/7 Online Enrollment

## **Choose YOUR Way to Quit**

#### QUIT TOBACCO OR VAPING

### **Get Enhanced Support**

Call or enroll online for up to 12 weeks of coaching over phone and video and free cessation medication.

- 1.866.SD-QUITS (1-866-737-8487)
- SD Relay 711
- Enroll online at SDQuitLine.com anytime

### Try the 2QuitSD Texting Service

Get up to 8 weeks of personalized texting with limited phone calls and up to 8 weeks of free gum, patches or lozenges and a Quit Guide.

- Visit SDQuitLine.com/Services
- Enroll by phone or online

#### Kickstart Your Quit

Order the Kickstart Kit online to start your quit on your own terms with up to 4 weeks of free gum, patches or lozenges and a Quit Guide.

- Visit SDQuitLine.com/Kickstart
- Enroll in phone or text coaching for extra support if needed

QuitLine services available to anyone 13+