

READY TO QUIT?

GREAT! WE CAN HELP!

CALL THE QUITLINE TO SET UP A
QUIT DATE



TAKES ABOUT
15 MINUTES



NEXT TIME WE TALK, WE'LL REVIEW

FREE
MEDICATIONS
TRIGGERS



COPING
WITHDRAWAL



TAKES ABOUT
30 MINUTES

CHECK IN FOR **2** MORE SUPPORT CALLS
WE'LL GO OVER CHALLENGES...



...HOW TO
HANDLE

SLIPS

AND **DON'T WORRY...** IF YOU'RE STRESSED...

JUST CALL!



THEN **BAM!**
YOU'RE TOBACCO **FREE!**



SO, TAKE A DEEP BREATH....
YOU **CAN** DO THIS.



1.866.SD-QUITS www.SDQuitLine.com