Quit for KEEPS

A partnership between
SC DHCC • CDC • LEGACY

Your doctor says you’ve got to quit. You’re doing it for your kids. You’re doing it for yourself. Whatever your reasons, giving up tobacco is a huge step to take.

No one expects it to be easy.

Giving up smoking isn’t going to happen overnight. There are going to be frustrating days and long nights ahead.

No one expects you to do it alone.

That’s why South Carolina has established a statewide, toll free quitline for smokers like you who are trying to quit and just need someone else on the other end of the phone.

Trained counselors are on hand to answer your smoking-related questions, talk through your cravings and refer you to outside services that best fit your needs.

The best part is, you’re in control. You make the call. You conquer the cravings. You develop a personal plan for quitting. Think of your Quit for Keeps counselor as simply a friend. A friend who’s there for you through the hard times. And who’ll be there when you become smoke free.

You can quit smoking, and you don’t have to do it alone. Calling the number is free and lines are open seven days a week during business and evening hours. Call 1-800-QUIT NOW (1-800-784-8669) today or visit www.scdhec.gov/quitforkeeps and let us help you Quit for Keeps.

3.75 by 8.5 inches
Front in English and reverse side in Spanish