

*When you're ready to quit,  
we're here to help.*

**1-800-QUIT-NOW**



**No one expects giving up tobacco to be easy.**

Making the decision to quit is a huge step to take, and no one expects you to do it alone. That's why South Carolina has a toll-free Quitline for tobacco users like you, who are trying to quit and just need someone else on the other end of the phone to support them.

**Trained counselors are on hand**

to answer your tobacco-related questions, talk you through cravings, and refer you to outside services that best fit your needs.

**Lines are open between 8 a.m. and 3 a.m., 7 days a week.**

So, remember the number. Write it down. Keep it where you usually smoke or use tobacco. And the next time you feel like smoking, call it. Let us help you quit for keeps.

[www.SCDHEC.gov/QuitForKeeps](http://www.SCDHEC.gov/QuitForKeeps)

SC Health & Environment

**LIVE YOUR LIFE**  
tobacco free.

A Healthier State  
*Make every workday great.*



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