

Quitting Resources

- The South Dakota QuitLine (<https://www.sdquitline.com/>)



- **The South Dakota QuitLine** offers **free** cessation counseling, **free** nicotine replacement therapy (patches, gum, or lozenges), **free** cessation medication to help tobacco users quit. To be eligible for the **South Dakota QuitLine** services, the person must be a South Dakota resident, a tobacco user (including e-cigarette users), 13 years of age or older (note: medication for those under 18 requires a doctor's prescription), ready to quit or has quit in the last 30 days. Teens are eligible to enroll in the telephone coaching program by calling 1-866-SD-QUITS (1-866-737-8487) or they can request a free Quit Guide online.

- Truth Initiative's Quit Smoking and Vaping Tools (<https://truthinitiative.org/what-we-do/quit-smoking-tools>)

- **This is Quitting** is a free quit-vaping and quit-smoking mobile program designed specifically for teens and young adults. It is completely free, and available 24-7 to help with cravings, stress and slips, plus regularly-scheduled messages and reminders that are designed to help people quit. Teens and young adults can simply text DITCHVAPE to 88-709 to get started or visit www.truthinitiative.org/thisisquitting for more information. Parents and other adults looking to help young people quit should text "QUIT" to (202) 899-7550.
- **BecomeAnEX** is a **free**, digital quit-smoking plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic. It has helped over 800,000 people develop the skills and confidence to successfully quit. Research has shown that following the **BecomeAnEX** quit plan quadruples a tobacco user's chance of quitting. Visit <https://www.becomeanex.org/> for more information



- Smoke Free Teen (<https://teen.smokefree.gov/>)



- **Smoke Free Teen Quit Vaping** provides information on how to quit vaping and stay vape-free. Visit <https://teen.smokefree.gov/quit-vaping> to read more about how to quit vaping, dealing with vape cravings, understanding vaping triggers, vaping addiction, and much more.
- **SmokefreeTXT for Teen** is for young adults (13-19 years old) in the United States who want to be smokefree. The program is typically 6-8 weeks and participants will receive 3-5 messages per day. To sign up, text QUIT to 47848 or complete the form found at <https://teen.smokefree.gov/become-smokefree/smokefreeteen-signup>.
- **quitStart App** is a free smartphone app made for teens and can help them quit smoking. It gives customized tips, inspiration, and challenges to help teens quit for good. Visit <https://teen.smokefree.gov/become-smokefree/quitstart-app> to download the app.

Online resources & presentations

Vaping Among Youth by Watertown Officer Gutzmer

<https://www.youtube.com/watch?v=V3QRS0qFFg>

“Addicted Early” <https://vimeo.com/545568517>

(3:30 minutes) video for teachers or parents

Catch My Breath parent resources

<https://letsgo.catch.org/pages/CMB-Parent-Resources>

- Video 1: The Youth Vaping Epidemic
- Video 2: Strategies to Support Your Child's Healthy Decisions
- Video 3: Could Your Child be Vaping?
- Video 4: 4 Reasons to talk to Your Child about E-Cigarettes Today
- Video 5: How to Talk to Your Child about E-Cigarettes

FREE Resources for Order

<https://apps.sd.gov/PH18Publications/secure/Puborder.aspx>



Quitting Resources



South Dakota QuitLine – Receive up to 12 weeks of FREE personal coaching and cessation medication. You can call 1.866.SD-QUITS (1-866-737-8487) or go to <https://www.sdquitline.com/>.



BecomeAnEX is a free, digital quit-smoking plan and online community of thousands of smokers and ex-smokers developed by Truth Initiative in collaboration with Mayo Clinic. Visit <https://www.becomeanex.org/>



quitSTART App is a free smartphone app that helps you quit smoking. It gives customized tips, inspiration, and challenges to help you quit for good. Go to your app store to download or go to <https://smokefree.gov/tools-tips/apps/quitstart>



SmokefreeTXT – is a free text program that is 6—8 weeks offered by the National Cancer Institute’s Smokefree.gov. You can text **QUIT** to 47848 to join or go to <https://smokefree.gov/tools-tips/apps/quitstart>. For other programs offered go to <https://smokefree.gov/>.

For additional tobacco resources, information, displays, brochures, or Quit Kits contact:

Kelli at kellir@humanserviceagency.org or 605.884.3518.

