



STRESS... **a primary cause of nicotine addiction.**

Ask your **patients who use tobacco or vape** why they do and they'll probably tell you it helps them **cope with stress**.

At the South Dakota QuitLine, we know
stress is one of the main reasons tobacco users struggle to quit and eventually relapse.

Stress is a part of life, and the key to being healthy is
finding less harmful ways to handle it.

When you refer them to the QuitLine and connect them with a Quit coach,
you're treating the person AND the patient.

QuitLine coaches can help your patients quit cigarettes, chew, or vape.
And, if they aren't quite ready for a coach, they can **kickstart** their quit attempt with up to 4 weeks NRT medication.

A PUBLIC HEALTH MESSAGE FROM THE SOUTH DAKOTA DEPARTMENT OF HEALTH 



SD QuitLine services are available to anyone 13+

1.866.SD-QUITS SDQuitLine.com