

South Carolina Smoking Cessation Resources

1. Call 1 800 QUIT NOW (1-800-784-8669)

- FREE nicotine patches, gum, or lozenges are available to eligible South Carolinians who enroll in Quit line services.
- Services include:
 - One-on-one coaching (phone or web-based counseling and support)
 - Development of a personalized quit plan.

You can also enroll for quit support services online at www.quitnow.net/southcarolina/

2. Palmetto Health Smoking Cessation Program:

Palmetto Health will be offering free tobacco cessation program to residents of Richland, Lexington, Fairfield and Sumter counties. Classes at Palmetto Health Baptist in Columbia and Palmetto Health Tuomey in Sumter. Recent results from the program indicate 78 percent of smokers quit smoking by the end of the three-week program and those who continued to smoke significantly reduced the number of cigarettes consumed each day.

The program includes:

- Free counseling and consultation
- Free one-month supply of medication to those who qualify
- Six educational sessions

For more information or to register for the program, call **803-296-CARE (2273)**.