

CHOOSE YOUR QUIT-SMOKING

TEXTS



KEYWORDS WHAT THEY ARE

Welcome

Send this to get started!

QuitStart

Help to quit.

Support

Motivation to stay quit.

Crave

Nicotine craving busters.

NoSlip

Tips to stop a slip.

Text to:

21234

To be referred to your quitline, call 1-800-QUIT-NOW (1-800-784-8669)

This program was developed by the Tobacco Control Program at Roswell Park Cancer Institute.

**Keep in mind that if you do not have an unlimited texting plan, charges may apply.*



QUIT KEYWORDS

QuitStart

Fact

QuitHelp

Mood

Support

Tip

Crave

NoSlip



CARRY YOUR KEYWORDS



For questions about this program
or to be referred to you quitline:

Call: **1-800-QUIT-NOW** (1-800-784-8669)



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TEXT ANYTIME TO...

Stop-smoking texts, anytime. Text to

21234

*This program was developed by the Tobacco Control Program at Roswell Park Cancer Institute, Carlton & Elm Streets, Buffalo NY. *Keep in mind that if you do not have an unlimited texting plan, charges may apply.*