

# 2023 RESOURCES FOR SMOKING CESSATION

## **SOUTH DAKOTA**

### **Toll-Free Quit Line**

1-866-SD-QUITS  
1-866-737-8487

### **VA Systems, Black Hills**

#### **Fort Meade Primary Care Provider**

605-347-2511 Ext: #3 or 0

#### **Hot Springs Primary Care Provider**

605-745-2000 Ext:0 or Ask for Help Desk

### **Ellsworth Air Force Base**

#### **Health Wellness Center**

605-385-2349

### **Indian Health Services**

#### **Pine Ridge:**

Public Health Nursing

605-867-3199 *(Leave Message)*

#### **Eagle Butte:**

Kathy Zambo

605-964-0686 *(Leave Message)*

#### **Rosebud General Number:**

605-747-2231 *(Leave Message)*

### **Oyate Health Center**

Rapid City

605-355-2500

### **American Lung Association of South Dakota**

1212 W. Elkhorn St. Ste. 1

Sioux Falls, SD 57104-0233

1-800-873-5864

[www.lung.org/associations/states/south-dakota](http://www.lung.org/associations/states/south-dakota)

### **American Cancer Society**

2465 West Chicago, PO Box 2631

Rapid City, SD 57709

605-399-2048

## **NORTH DAKOTA**

### **West River Medical Center - Hettinger**

701-567-4561

## **NEBRASKA**

### **Tobacco Quit Line**

1-800-784-8669 | [www.QuitNow.ne.gov](http://www.QuitNow.ne.gov)

## **WYOMING**

### **Tobacco Quit Line**

1-800-784-8669 | [www.quitwyo.org](http://www.quitwyo.org)

## **ONLINE RESOURCES**

[www.quitnet.net](http://www.quitnet.net)

[www.quitsmokingsupport.com](http://www.quitsmokingsupport.com)

[www.sdquitline.com](http://www.sdquitline.com)

[www.whyquit.com](http://www.whyquit.com)

[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

[www.tobaccofree.org](http://www.tobaccofree.org)

## **FOR VETERANS**

[www.veterans.smokefree.gov](http://www.veterans.smokefree.gov)

## **FOR WOMEN**

[www.women.smokefree.gov](http://www.women.smokefree.gov)

## **FOR SPANISH SPEAKERS**

[www.espanol.smokefree.gov](http://www.espanol.smokefree.gov)

## **OVER 60 YEARS OLD**

[www.60plus.smokefree.gov](http://www.60plus.smokefree.gov)

*These resources have been referred to Monument Health. Monument Health does not recommend one resource over another. Please ask when calling, as charges may apply.*