

NCI

Quit Smoking (with and without music)

Radio PSA : 60

(young man) I use to smoke about a pack to two packs a day. That really put a strain on my pocket. That's why I really needed to find something to help me out.

(AA woman) one eight-hundred quit now.

(young man) I was like, you know, this may work.

(AA woman) I hop in the car; I have a cigarette. When I wake up in the middle of the night with an asthma attack, hit my inhaler two times, come outside and have a cigarette. It was really bad.

(young man) Call one eight-hundred quit now.

(young woman) I've tried everything. I've tried patches, I've tried quitting cold turkey, I've tried the gum. I just need a person to talk to, somebody who can relate to me.

(young woman) She was just really supportive and I was telling her what was going on and she was telling me different things that I could do to help with my stress. I would recommend the quit line because the support, the counselors, awesome, awesome people.

(young man) They called just when they said they would. They really want to talk you through everything. They wanted to know how I was doing. I'm definitely not coughing as much. I feel healthier.

(male announcer) Call one eight-hundred quit now. A public service of the U.S. Department of Health and Human Services and this station.