

**Missouri Tobacco Quitline Testimonial Video – Social Media Message Examples**  
**2019**

The Missouri Tobacco Quitline has added a new testimonial video to the DHSS YouTube channel that can be accessed directly at <https://www.youtube.com/watch?v=rxge0jvhRbY>. In this video Sheyda discusses how the services offered through the Missouri Tobacco Quitline helped her successfully quit smoking after 18 years.

The Tobacco Prevention and Control Program encourages you to share Sheyda’s story and the social media message examples below on your social media outlets.

<b>Sample Posts:</b>
The Missouri Tobacco Quitline is here to help – call them 24/7 at 1-800-QUIT-NOW (1-800-784-8669). It’s free and it works. LEARN MORE: <a href="http://youcanquit.org">youcanquit.org</a>
Help to Quit is just a phone call away. Call the Missouri Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669). It’s free and it works. LEARN MORE: <a href="http://youcanquit.org">youcanquit.org</a>
Quitting is hard, but help is available. Call the Missouri Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669) for free help to quit. LEARN MORE: <a href="http://youcanquit.org">youcanquit.org</a>