

NCI

Quit Smoking (with and without music)

Radio PSA : 30

(young woman) I can't even imagine myself without a cigarette. I was up to, like, two packs a day.

(female announcer) one eight-hundred quit now

(young woman) I just decided to call and see what it was about and see how they could help. They're there for you. I got stressed out and I picked up a cigarette, so I called the counselor. And they told me that, you know, it happens. Sometimes it takes a few tries. Nobody's perfect. Even if you quit, they're still there if you need them. If you're really serious about quitting, call.

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