



**Quit Smoking
Options**



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Helen

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**We can show
you the way**

Auckland Quit Smoking Options

Quit Help that works!

Aukati Kai Paipa

FREE quit smoking programme for Māori. FREE access to nicotine patches & gum.
Ngāti Whātua o Ōrākei Health: (Auckland Central, East, West, North Shore)
Telephone: 578 0941

Raukura Hauora o Tainui: (South Auckland) Telephone: 263 8040

Quitline (Me Mutu)

FREE national telephone support service for people who want to quit smoking.
Low cost access to nicotine patches and gum. Calls are free from your mobile.
Freephone: 0800 778 778 or visit: www.quit.org.nz

Local quit smoking support services

For a full list of quit smoking support services visit: www.smokefreecontacts.org.nz

Nicotine Replacement Therapy (NRT)

There are a wide range of nicotine replacement therapies available such as patches, gum, inhalers and lozenges. For more information call Aukati Kai Paipa, the Quitline or talk to your pharmacist or GP to find the best quit smoking therapy for you.

Quit smoking therapies available from your GP

Champix reduces the reward from smoking and combats the cravings and nicotine withdrawal symptoms when quitting. Prescription only medication.
Zyban helps reduce the nicotine withdrawal symptoms when quitting. Prescription only medication.

MORE INFORMATION

Call ASH Action on Smoking and Health NZ

Telephone: 520 4866 or visit: www.ash.org.nz

AUKATI KAI PAIPA

South Auckland:

Telephone: 263 8040

Auckland Central, East, West and
North Shore: Telephone: 578 0941

QUITLINE

0800 778 778 or www.quit.org.nz

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Cancer
Society

ASH
action on smoking and health

