

BEAT THE SMOKING ADDICTION



You have everything to gain by quitting smoking. It's one of the best decisions you can make for your health, you could save thousands of dollars every year, and it's a great thing to do for the well-being of your family and your friends.

No one says quitting is easy, but every day, people show that it can be done.

Quitline can help you

0800 778 778

www.quit.org.nz



HOW CAN WE HELP YOU?



Phone: Call the Quitline for free advice and non-judgmental support to help you quit smoking. If you are pregnant and quitting we have a special service to meet your needs.
0800 778 778



Quit Blogs: Join the blog community and get support from others who are also quitting smoking.
Register at www.quit.org.nz/blog



Quit Stats: See how much money you're saving with your very own real-time Quit Stats.
Register at www.quit.org.nz



Txt2Quit: Hook up to Txt2Quit and we'll send you quitting tips and support straight to your mobile.
Register at www.quit.org.nz or call the Quitline 0800 778 778.



Nicotine patches, gum and lozenges: Get a supply of one of these products for just \$5 – it's never been cheaper to quit.
Register at www.quit.org.nz or call the Quitline 0800 778 778.



Quit Plan: Create your own Quit Plan to help you on your quitting journey. Follow the steps online or talk to an advisor on the phone.
Register at www.quit.org.nz or call the Quitline 0800 778 778.



Face-to-face: To get help in person, contact your doctor, local healthcare provider or Aukatī Kai Paipa (www.aukatikaipaipa.co.nz).

Our services are free, and you can access them via telephone, text or online – whatever suits you best. Our services are proven to work. Research shows that people who use Quitline are five times more likely to successfully quit smoking than those who quit alone.

Quitline is funded by the Ministry of Health.
Every year we help more than 50,000
New Zealanders to beat the smoking addiction.

DON'T GIVE UP, QUIT.

