

Auckland Central only

ADHB Smokefree Pregnancy Service

Free home visits and telephone support for pregnant women, and their partners, in the Auckland area to stop smoking up until 6 weeks post delivery.

Voicemail: 0800 667 833 rapid response during the week. Email: smokefree@adhb.govt.nz

South Auckland

Aukati KaiPaipa - Free smoking cessation for Maori and their whanau

Raukura Hauora O Tainui - Phone 09 263 8040

Counties Manukau Smoking Cessation Programme During Pregnancy - Phone 09 255 0618

Email: stopsmoking@mangerehealth.org.nz

Living Smokefree Service - Counties Manukau Health

The Living Smokefree Service provides support for people to become smokefree including home visits, follow up by phone/text/email, subsidised NRT and advice on other medications. Phone: 09 259 3894 Text: 021 807 093

Email: smokefree@middlemore.co.nz

Mangere Community Health Trust Smokefree Service

– smoking cessation service for individuals and groups. Phone 09 255 0618

Email: stopsmoking@mangerehealth.org.nz

Mangopare Smokefree Service – Raukura Hauora O Tainui

– cessation services for Maori, organisations and community groups. Phone 0800 000 234

Email: mangopare@rauakura.com

Pasifika Smokefree Service – South Seas Healthcare Trust

- specialising in supporting pregnant women, mental health clients, Maori and Pasifika to stop smoking. Phone 09 250 5757



There are lots of free options available to help you stop smoking.

- ▶ Options include Nicotine Replacement Therapy (NRT) like patches, gum and lozenges as well as other treatments like Zyban and Champix.
- ▶ Using these options have been proven to at least double your chances of quitting.
- ▶ To find out more contact one of the agencies listed in this flier or speak to your GP or Practice Nurse.

Auckland Regional Public Health Service

Rātonga Haurora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Waitemata and Counties Manukau

Quit Now



You can do it!

Did you know there are a range of options to help you quit smoking?

What's the cost of your smoking?

If someone smokes 20 cigarettes a day that's about \$120 per week.

What difference could this make to your household budget? What else could it mean for you?

\$520 monthly

▶ a flight to Australia

\$6,200 per year

▶ a year's university tuition

\$62,000 over ten years

a house deposit

What happens after your last cigarette?

After 3 days

your chances of heart attack and stroke start dropping

1 month

your circulation improves, your energy levels rise

3 - 12 months

your congestion, fatigue, and your shortness of breath decrease

1 year

your risk of coronary heart disease is half that of a smoker

10 years

your risk of developing several types of cancers is decreased.

Free Quit Support available within Auckland Region

Services available to all Auckland residents.

Quitline - Free telephone advice, text service and quit blog support. Phone 0800 778 778, www.quit.org.nz or www.txt2quit.org.nz

Smokestop - Free internet based smoking cessation support. www.smokestop.co.nz

Quit Smoking Support is also available from **your local GP.**

Wellsford

Aukati KaiPaipa - Free smoking cessation for Maori and their whanau

Te Ha Oranga Wellsford. Phone 09 423 6091 or email: jeanette.nathan@tehaoranga.co.nz

Helensville

Aukati KaiPaipa - Free smoking cessation for Maori and their whanau

Te Ha Oranga Helensville. Phone 09 420 8523 or email: glendith.samson@tehaoranga.co.nz or jasmine.reti@tehaoranga.co.nz

North Shore, Rodney, and West Auckland

ELECT - providing support for people to quit before surgery. Phone 09 486 8920 ext 2117 or email: elect@waitematadhb.govt.nz

North Shore and Waitakere Hospitals Service

A specialist smoking cessation service for inpatients and outpatients who are having difficulty quitting – a referral can be arranged by a hospital staff member involved in your care.

Smokefree Communities Programme

0508 QUIT NOW (0508 784 866) or email: help@quitnow.org.nz for free quit smoking support services. It includes the following services:

- ▶ **Smokefree Pregnancy** – supporting pregnant women and their whanau /family to become Smokefree
- ▶ **Whanau Auahi Kore/Smokefree Families** – supporting families (living with children under 16 years) to become Smokefree
- ▶ **Asian Smokefree** – supporting Asian people and their families to become Smokefree.

The **Smokefree Communities Programme** have Coordinators who can speak English, Maori, Samoan, Cantonese and Korean. Services provided include free home visits, phone/email/text support and subsidised NRT.

Some **Community Pharmacists** within the North Shore, Rodney, and West Auckland offer ongoing cessation support. For information as to where these Pharmacies are located please consult www.procare.co.nz

North Shore, West, Central and East Auckland

Aukati KaiPaipa - Free quit smoking programmes for Maori, Pacific, Hapu Wahine and Others
Ngati Whatua o Orakei Community Health
Phone 09 578 0941 ext 1,
Email: meraniak@orakeihealth.org.nz

Pacific Quit Smoking Service - a free face-to-face service supporting Pacific smokers and their families to be Smokefree. Phone 0800 867 848
Email: pacificquit@adhb.govt.nz