

Beat the smoking addiction



Quitting smoking is a game-changer for your health, your wallet, and the happiness of your whānau/family and friends.

Imagine saving thousands of dollars each year and setting a powerful example for your family and friends.

Sure, it's a challenge but countless people prove every day that it's possible.

Why not be one of them?

Quitline can help you
0800 778 778, TEXT 4006
quit.org.nz

Commit to Quit

Quitline services and support services are proven to work. Research shows that people who use Quitline are more likely to successfully quit smoking than those who quit alone.

How can we support you?

Our services are free, and you can access them by calling us on **0800 778 778**, **texting on 4006**, or you can **register online at quit.org.nz** – whatever suits you best.

Phone: A Quitline Advisor will help you understand your smoking addiction and create a personalised quit plan. We also offer special support during pregnancy and for people with hearing or vision disabilities.

Txt2Quit: Sign up for Txt2Quit, and we'll send quit tips and support to your phone.

Online: Register online for your private page to track savings and how long you've been smokefree, and share your journey in a blog.

Quit plan: Create and stay on track with your quit plan using our online steps or by talking with a Quitline Advisor.

Products: Nicotine patches, gum or lozenge products can double your chances of quitting. Subsidised products are available through Quitline.

Vape2Quit programme: An option for people wishing to quit smoking using vaping.

Quit Vaping programme: Available for people of all ages who wish to stop vaping.

In person: You can also find local services to help you in person to quit smoking. Visit **smokefree.org.nz/quit/help-and-support/find-a-stop-smoking-service**