



Online

Quit Online

The Quit Group has an information-packed website offering support and information, plus access to subsidised nicotine lozenges, patches and gum. It features the free Quitblog, which allows people to connect with others going through the same experiences. See www.quit.org.nz

Information Links

www.facethefacts.org.nz
www.notourfuture.co.nz
www.sfc.org.nz/wanttoquit.php
www.quitsmoking.org.nz
www.tehotumanawa.org.nz/smokefree/about.cfm



Telephone

Quitline

The Quitline is a free quit smoking telephone help line. Callers can request a quit pack, which has practical advice and information. They can talk to a Quit Advisor for support or register to receive subsidised nicotine lozenges, patches or gum. Call 0800 778 778 or see www.quit.org.nz



Text/Mobile

Txt2Quit

Sign up for Txt2Quit and get text message of support sent to your mobile. The messages can help keep your motivation up while giving you advice and support.

Cessation Support Services

Contact your local GP or midwife

Quitline 0800 778 778

Fax: 04 460 9879

North Taranaki



Phone: 06 759 4064
Fax: 06 759 7304

South Taranaki



**Ngati Ruanui
Tahua Trust.**
Established 1989

Ruanui Health Centre
78-80 Argyle Street
HAWERA, 4610
Phone: 06 278 1310
Fax: 06 278 0157

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Smoking Cessation Services



Supporting Your Journey

www.tdhb.org.nz



Taranaki Together, a Healthy Community
Taranaki Whanui He Rohe Oranga

Smoking - the Facts



In New Zealand, tobacco is the single leading cause of preventable death.

Second-hand smoke is poisonous; it causes death and disease, killing around 350 New Zealanders every year. That's one non-smoker a day dying as a result of exposure to second-hand smoke.

Tobacco is the only consumer product that will kill half its users when used as intended.

Smoking robs your loved ones of 15 years of your life.

Roll-your-own tobacco has more nicotine, tar and carbon monoxide than tailor-made cigarettes.

When you smoke you inhale more than 4000 chemicals including acetone, ammonia, cyanide, DDT and carbon monoxide.

When you Quit you Gain

If you quit smoking half a pack a day you would save at least \$40 a week, or \$160 a month.

There are benefits from quitting at any age. Smokers who quit before age 35-40 reduce their risk of dying early.

✓ **Within 2 hours**

Most of the nicotine is out of your system

✓ **6 hours**

Your heartbeat slows to normal and your blood pressure goes down

✓ **24 hours**

The carbon monoxide is out of your system and your lungs work better

✓ **2 days**

Your senses of taste and smell improve

✓ **3 weeks**

The phlegm in your lungs loosens and you start to cough it up and get rid of it

✓ **2 months**

Blood circulation to your hands and feet improves

✓ **1 year**

You have almost halved your risk of sudden death from heart attack

✓ **5 years**

You are almost as risk-free of sudden death from a heart attack as a non-smoker

Nicotine Replacement Therapy

Nicotine Replacement Therapy (NRT) is a safe way of administering nicotine without the harmful chemicals in cigarette smoke.

NRT will not satisfy cravings as quickly as a cigarette but will help reduce withdrawal symptoms and cravings to smoke, making it easier to quit.

Subsidised NRT will cost about \$5 for the first eight weeks supply of either gum, patches or lozenges. Relapse is a normal part of the quitting process.

Mutu-Kia Kaha

– Give Quitting a Go, You can do it!

There are many services that provide information and support for people wanting to quit smoking.



Face to Face

Health centres, local GPs and midwives

Your local health centre, GP or midwife can provide you with support and advice to help you quit.

Aukati KaiPaipa

Aukati KaiPaipa is a kanohi ki te kanohi service that is delivered in all communities. The free 12-month programme offers whānau the opportunity to address their smoking addiction through a range of services. See www.aukatikaipaipa.co.nz

Find a Local Service

Find local services on www.smokefreecontacts.org.nz