

# 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 wellbeing of your family and your friends.

No one says quitting is easy, but everyday, people show it can be done.

Quitline can help you

**0800 778 778**

**[www.quit.org.nz](http://www.quit.org.nz)**



# HOW CAN WE HELP YOU?



**Quitline:** Call the Quitline for free advice and non-judgmental support to help you quit smoking.  
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](http://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](http://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](http://www.quit.org.nz)



**Online Coach:** Need a quit coach? Get online advice to help you to work out why you smoke and to make a plan to beat the addiction.  
Register at [www.quit.org.nz](http://www.quit.org.nz)



**Nicotine patches, gum and lozenges:** It's never been cheaper to quit. Get nicotine patches, gum or lozenges for \$3 for each eight-week supply.  
Register at [www.quit.org.nz](http://www.quit.org.nz) or call the Quitline 0800 778 778

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.

The  Quit Group  
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