

DO IT for your whaanau!

**We're here to help YOU to
stop smoking**

Freephone: 0800 569 568

Free text: NOW to 590

Email: Smokefree@middlemore.co.nz

Facebook: Hang Tuff Smokefree 2025

FREE local support to stop smoking:

- **Individual, whaanau/family or group settings**
- **Home visits or phone support**
- **Drop-in clinics**
- **Free nicotine replacement therapy**
- **Advice on other cessation medications**