



Te Whatu Ora
Health New Zealand



LIVING

Smokefree Service

We can help **YOU**
stop smoking

The Counties Manukau **LIVING Smoke-free Service** provides free support for people to become smokefree.

CONTACT US

Call 0800 569 568
(option 6)

Text NOW to 590

Email smokefree@middlemore.co.nz

You can also **ask your GP** to send a referral through Care Connect
e-referrals: Smokefree (CMDHB)

We work in partnership with local providers, and Quitline, to ensure you are offered free, convenient, local and culturally appropriate support.

All providers are able to ensure ongoing access to funded Nicotine Replacement Therapy (NRT) and advise you about other non-funded NRT, Bupropion (Zyban®), Varenicline (Champix®) and more.

The range of support on offer includes:

- Face to face
- Home visits / phone contact
- Group programmes
- Drop in clinics
- Free NRT, advice on other cessation medications.

Delivered in an individual, whaanau/ family or group setting.



Hang Tuff Smokefree 2025