

QUIT SERVICES

Services and Programmes Available in Canterbury (as at December 2011)

QUITLINE

- * Quit Pack, containing information and practical strategies for quitting.
- * Access to a Quit advisor for free one-on-one quit support sessions.
- * Subsidised nicotine patches, gum and lozenges.
- * Access to other services including TXT2QUIT.

0800 778 778

www.quit.org.nz

TXT2QUIT

Get quitting tips and support sent straight to your mobile.

- * 26-week programme ideally suited for 16-24 year olds, but available for anyone.

AUKATI KAIPAIPA

Smoking Cessation Programme for *Maori and their whanau*.

- * Free access to your own cessation practitioner to help and support you.
- * Free nicotine patches, gum and lozenges.
- * Individual or group support available.

0800 4 AKP 00 (0800 425 700)

www.aukati.org.nz

PACIFIC TRUST CANTERBURY

Smoking Cessation Programme for *Pacific people and their whanau laiga*.

- * Free face to face individual consultations and group sessions
- * Mobile service (home visits, other suitable locations)
- * Follow ups arranged as needed
- * Free Nicotine Replacement Therapy - patches, gum, lozenges

Phone 03 3778159, fax 03 3660350

Email quit@pacifctrust.co.nz

SMOKECHANGE

A free support programme for *pregnant women and their partners / whanau*, who want help to change smoking in pregnancy.

- * Support provided through home visits and phone calls.
- * Subsidised nicotine patches, gum and lozenges.

0800 CAN CHANGE (0800 226 242)

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ASTHMA SOCIETY

Generally for *those with a respiratory illness*, but also provide support to the whānau members.

- * Free cessation counselling.
- * Subsidised nicotine patches, gum and lozenges.

Phone 03 3665235, Fax 03 3665209

www.asthmacanty.org.nz

GENERAL PRACTICE – GPS AND PRACTICE NURSES

- * Most GP practices provide face to face cessation support to patients – costs vary, ranging from free to a small fee.
- * Free or subsidised nicotine replacement patches, lozenges and gum are provided
- * Doctors can also provide advice on other subsidised cessation medications such as Zyban and Champix.

Contact your local practice for further information and to make appointments.

CANTERBURY COMMUNITY PHARMACY GROUP

Cessation support and subsidised nicotine patches, gum and lozenges from Canterbury Pharmacies

www.ccp.org.nz for pharmacy details

PARTNERSHIP HEALTH CANTERBURY PHO

PEGS programme-consultations and subsidised NRT

www.partnershiphealth.org.nz for practice details

CHRISTCHURCH PHO

Free consultations and subsidised NRT

www.chchpho.org.nz for practice details

RURAL CANTERBURY / HURUNUI – KAIKOURA PHO

Cessation service for enrolled patients

www.rcpho.org.nz for practice details

FOR OTHER INFORMATION

Quit information can be found on the following websites:

www.worldsmokefreeday.org.nz

www.facethefacts.org.nz

www.moh.govt.nz

For smokefree resources (e.g. posters, signage and stickers), contact the Community Health Information Centre (CHIC). Phone 03 364 7844 or 0800 102 702 or visit our website www.cph.co.nz