

## Tui Ora

*Strengthening whānau wellness  
and quality of living*

Contact us today to talk about  
the best support for you

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 [www.tuiora.co.nz](http://www.tuiora.co.nz)

# Me Mutu Tātou

## Beat the Smoking Addiction



Smoking is not a part of  
who we are, join our  
**FREE** programme

Mā Mātou Koe e Awhi



Phone: (06) 759 7314



*"Just knowing they are only a text away and they're so approachable. More like a friend than a health provider".*

*Whānau quote*

## We can help you & our service is Free

Smoking is a powerful addiction. You might have found it hard to give up in the past. We understand, and we're here to provide a range of tools, ideas and guidance to help you quit.

## Free patches, gum or lozenges

Nicotine is the addictive part of tobacco – patches, gum and lozenges work by replacing some of the nicotine you usually get from cigarettes and can reduce withdrawal symptoms.

## Can people who vape get support from TSSS?

Absolutely. Vaping is not harmless, but it is less harmful than smoking. We can give you free support on how to vape to quit, setting you up with a plan to beat the nicotine addiction.

## Our programmes

We provide **One-To-One Support** programmes designed to meet the needs of each person. You decide when to set your target quit date and how often you receive one-to-one support.

### Group Support Sessions

You, friends, workmates and whānau can stop smoking together. TSSS offers a range of fun and interactive support groups to kick start your journey to quit smoking.

### Hapu Māmā

If you are pregnant and decide you want to give up smoking to give your baby a better, healthier start in life then our Hapu Māmā Programme is right for you.

