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## NMDHB Smokefree

### Support

Nelson and Wairau Hospitals provide free advice, ongoing support and subsidized quit cards for in-patients, parents of children admitted, NMDHB staff, pregnant women & their whanau.

All NMDHB hospital's grounds are smoke free.

Smokefree patients recover faster & heal better. Patients who stop smoking eight weeks or more before surgery achieve the best results.

Ph: (03) 546 1920

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### Workplaces

Some companies offer a smoking cessation service to their employees.

The Quit Group offer cessation support to workplaces. Contact them **0800 778 778** or **www.quit.org.nz** for more details

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### Asian Smokefree Communities Service

Hindi/Fijian Hindi 021 0260 4196 or 09 448 0018 (Pratima)

Burmese 021 0260 4197 or 09 448 0017 (Theingi)

Korean 027 359 6880 or 09 448 0474 (Christina)

Mandarin/Cantonese 027 357 1800 or 09 448 0475 (Zhoumo)

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### Useful websites

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

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

[www.ash.org.nz](http://www.ash.org.nz)

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### Alternative Options

These are not quit card providers. Contact the individual practitioner for cost

#### 144 Health – Acupuncture

David Phillips; 144 Collingwood Street, Nelson

Ph: (03) 546 9350

#### Chinese Medical Clinic - Acupuncture

Black John; 22 Nile St West, Nelson

Ph: (03) 546 8733

Alternative products are also available from health shops, naturopaths, supermarkets and pharmacies.

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### Alcohol drug helpline

0800 787 797

[www.alcoholdrughelp.org.nz](http://www.alcoholdrughelp.org.nz)

Lines open 10am to 10pm everyday

The helpline offers you free confidential information, insight and support with any problem, issue or query you have about your own or someone else's drinking or drug taking.

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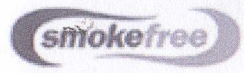
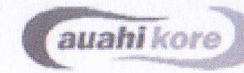
### For more free copies contact

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P.O. Box 647, Nelson

Ph: (03) 546 1537 Fax: (03) 546 1542

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**Public Health Service**  
 Nelson Marlborough  
District Health Board



# Smokefree Directory



Become smokefree now  
—most options are free  
or subsidised

NELSON-BAYS EDITION

## Kicking the smoking habit can be tough

Chances are you've tried to quit before. For the best chance of success....

### 1 Get free support from a Quit Card provider.

- Quit Card providers are trained in smoking cessation and can issue **Quit Cards** for subsidised NRT.
- Inhaler and microtab are not subsidised, they can be purchased at pharmacies.

### 2 Try nicotine patches, gum, lozenges, microtab or inhaler

- These can double the chance of cessation.
- They can be used in combination e.g. patch & gum.

## Save Money

### Get a Quit Card

\$3 for eight weeks of product .  
**Patches, Lozenge or Gum.**

### 3 Talk with your GP about other medications

- Options include Zyban and Champix
- Zyban is fully subsidised. Champix is not currently subsidised so is more expensive.

## Free practical support.

All services are free and issue **Quit Cards** unless stated.

Quitting is one of the most important things you can do for your health.

Don't delay—call today.



## Quitline

Phone: 0800 778 778 (toll free)

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

Monday-Friday: 7.00am - 10.00pm,

Sunday: 10.00am - 8.00pm.

**A range of free services to make it easier for you to quit.**

- Request a quit pack which has practical quit smoking advice and information.
- Register for **one to one phone counselling** (with specific services for Maori and Pacific)
- Hook up for **Internet blog support** at [www.quit.org.nz](http://www.quit.org.nz)
- Patches can now be ordered by phone or on the website
- **Txt2Quit** is a TXT message service to help you quit smoking which runs for up to 26 weeks. Sign up via the website or call 0800 778 778.

**Relapse** is a normal part of the quitting process. Quitline welcome calls from people who have relapsed.

## Aukati Kaipapa

Provides Whanau and individuals with...

- Patches / Gum / Lozenge (free)
- Individual Quit / Reduction Plans
- One to one support
- Home visits if needed

### Whakatu Marae

99 Atawhai Drive, Nelson ; Phone: (03) 546 9097

### Te Awhina Marae

133 Pah Street, Motueka; Phone: (03) 528 6061

## G.P and Medical Centers

Doctors now prescribe subsidised NRT. Many surgeries also offer quit support. Contact your surgery to learn more — ask if there is a charge for this service at your practice.

## Nelson Region After-Hours

Offer Quit Cards and smoking cessation support to the public ( regardless of which GP you may be registered with). A fee may apply.

96 Waimea Rd. Nelson; Ph (03) 546 8881

## Golden Bay Services

### Golden Bay Medical Centre

1 Edinburgh Street, Takaka; Ph: (03) 525 9911

### Golden Bay Community Workers

88 Commercial St, Takaka; Ph: (03) 525 9728

Heartlands, 65b Commercial St, Takaka;

Ph: (03) 525 6151

Ask if you will be charged for these services.