

## LOCAL STOP SMOKING SERVICES – PHONE NUMBERS AND EMAIL ADDRESSES FOR REFERRALS

Ready to stop smoking? Contact your local stop smoking service – you can phone or email them.

DHB Catchment Area(s)	Name of Service	Email	Phone No.	Website
Northland	Toki Rau Stop Smoking Services Northland	referrals@tokirau.co.nz	0508 TOKIRAU (0508 8654 728)	<a href="http://tokirau.co.nz/">http://tokirau.co.nz/</a>
Auckland and Waitematā	Ready, Steady, Quit	info@readysteadyquit.org.nz	0800 500 601	<a href="https://readysteadyquit.org.nz/">https://readysteadyquit.org.nz/</a>
Counties-Manukau	Counties Manukau Health Living Smokefree	smokefree@middlemore.co.nz	0800 569 568	<a href="https://www.healthpoint.co.nz/public/other/counties-manukau-health-living-smokefree/">https://www.healthpoint.co.nz/public/other/counties-manukau-health-living-smokefree/</a> <a href="https://www.facebook.com/HangTuffSmokefree2025/">https://www.facebook.com/HangTuffSmokefree2025/</a>
Waikato & Tairāwhiti	Once and For All Stop Smoking Service	stopsmoking@pinnacle.health.nz	0800 Once4All (0800 6623 4255)	<a href="http://www.onceandforall.co.nz/">http://www.onceandforall.co.nz/</a>
Bay of Plenty	Hāpainga Stop Smoking Service	hapainga@ebpha.org.nz	0800 HĀPAINGA (0800 427 246)	<a href="http://www.ebpha.org.nz/index.php?option=com_content&amp;view=article&amp;id=117&amp;Itemid=219">http://www.ebpha.org.nz/index.php?option=com_content&amp;view=article&amp;id=117&amp;Itemid=219</a>
Taranaki	Taranaki Stop Smoking Service	stopsmoking@tuiora.co.nz	06 759 7314	<a href="http://www.tuiora.co.nz/Services/All/Stop-Smoking-Service">http://www.tuiora.co.nz/Services/All/Stop-Smoking-Service</a>
Lakes	Tipu Ora Stop Smoking Service	referralhub@tipuora.org.nz	0800 348 2400	<a href="http://www.tostopsmoking.nz/">http://www.tostopsmoking.nz/</a>
Whanganui	Ngā Taura Tūhono – Whanganui Stop Smoking service	sss@wrhn.org.nz	0800 200 249	<a href="http://www.wrhn.org.nz/services/stop-smoking-service">http://www.wrhn.org.nz/services/stop-smoking-service</a>
Hawkes Bay	Te Haa Matea	register@ttoh.iwi.nz	0800 300 377	<a href="https://www.facebook.com/TeHaaMatea/?hc_ref=SEARCH&amp;fref=nf">https://www.facebook.com/TeHaaMatea/?hc_ref=SEARCH&amp;fref=nf</a>
MidCentral	Te Ohu Auahi Mutunga	toam@tewakahuia.org.nz	0800 40 50 11	<a href="https://www.facebook.com/toamstopsmoking/?hc_ref=SEARCH&amp;fref=nf">https://www.facebook.com/toamstopsmoking/?hc_ref=SEARCH&amp;fref=nf</a>
Hutt, Wairarapa, Capital and Coast	Takiri Mai Te Ata	takirimaiteata@kokiri-hauora.org.nz	0800 WAN AKP (0800 926 257)	<a href="https://www.facebook.com/takirimaiteata/?notif_t=fbpage_fan_invite&amp;notif_id=1486678287416345">https://www.facebook.com/takirimaiteata/?notif_t=fbpage_fan_invite&amp;notif_id=1486678287416345</a>

DHB Catchment Area(s)	Name of Service	Email	Phone No.	Website
Nelson Marlborough	Stop Smoking Service Nelson Marlborough	smokefree@nmdhb.govt.nz	0800 NO SMOKE (0800 667 665)	<a href="https://www.nmdhb.govt.nz/public-health-service/a-z-public-health-topics/smokefree/quitting-smoking/">https://www.nmdhb.govt.nz/public-health-service/a-z-public-health-topics/smokefree/quitting-smoking/</a>
West Coast	Oranga Hā - Tai Poutini: Stop Smoking West Coast	StopSmokingGreymouth@cdhb.health.nz or StopSmokingWestport@cdhb.health.nz	0800 456 121	<a href="https://www.stopsmokingwestcoast.org.nz/">https://www.stopsmokingwestcoast.org.nz/</a>
	West Coast DHB Stop Smoking Service		Westport: (03) 788 9238  Greymouth- Hokitika: (03) 769 7488	
Canterbury	Te Hā - Waitaha	smokefree@cdhb.health.nz	0800 425 700	<a href="http://www.stopsmokingcanterbury.co.nz">www.stopsmokingcanterbury.co.nz</a>
South Canterbury	South Canterbury Stop Smoking Services	smokefree@scdhb.health.nz or richard@aws.health.nz	0800 542 527 or 027 407 6866	<a href="http://www.scdhb.health.nz/services/promotion-and-advocacy/smokefree">http://www.scdhb.health.nz/services/promotion-and-advocacy/smokefree</a>  <a href="http://www.aws.health.nz">www.aws.health.nz</a>
Southern	Southern Stop Smoking Service	admin@stopsmoking.nz	0800 925 242	<a href="http://www.kaitahu.maori.nz/southern-stop-smoking-service.html">http://www.kaitahu.maori.nz/southern-stop-smoking-service.html</a>