

SUCCESS STORIES

“I really liked the TOAM stop smoking service that supported me to be smoke free. The service is FREE and easy to access. I used vaping to quit smoking successfully and thought the combination of both helped me to be smoke free. I have been smoke free now for just over a year and haven’t gone back.”

- Akari

How does it feel to be smokefree?

“I feel way healthier and I feel way richer. I was wasting about \$400 a fortnight when I was smoking.”

What was one of the hardest parts about your stop smoking journey?

“The hardest part was the first five days, I really struggled. I also found it hard to not have a smoke when I had a beer.”

Did you feel like the support you received helped you become smokefree?

“Yes definitely, Marilyn was a great help and I felt very supported. I loved the reminder texts and if I ever needed lozenges or patches, she was able to get them for me. Fast and effective support when I needed it.”

- Patrick



TOAM

Te Ohu Auahi Mutunga

TOAM Stop Smoking Services

Free support from quit coaches.

0800 40 50 11

Text: **021 40 50 11**

toam@tewakahuia.org.nz

Features:

ALL FREE Quit coaches who provide advice and support, home or work visits, group quitting, NRT.

THINKING ABOUT QUITTING?



**AOTEAROA
NEW ZEALAND**

2025

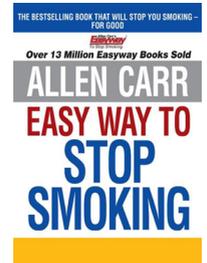
You are four times more likely to quit and stay Smokefree when using a quit coach (TOAM Stop Smoking Services) than quitting alone!



THINKING ABOUT QUITTING?



There are many ways to help you quit...if the last one didn't work try another!



Nicorette inhalator	Zyban (Bupropion) tablets	Nicorette QuickMist	Varenicline Pfizer (formerly Champix)	Habitrol patches, lozenge and gum (NRT)	TOAM Stop Smoking Services	Quitline	Vaping/ecigarettes	Motivational material
Cost: Inhalator kit and cartridges \$35-50.	Cost: GP consultation and \$5 pharmacy prescription fee.	Cost: Approx \$50.	Cost: GP consultation and \$10 pharmacy prescription fee for a 12-week course.	Cost: \$5 pharmacy prescription fee per item.	Cost: Free support from quit coaches.	Cost: Free support.	Cost: Starter packs range from \$30 upwards.	Cost: Prices vary between \$30-\$45.
Available from: Community pharmacy.	Available from: Your GP.	Available from: Community pharmacy.	Available from: Your GP.	Available from: TOAM (free); Community pharmacy; Quitline your GP.	Contact: 0800 40 50 11; Text: 021 40 50 11; toam@tewakahuia.org.nz.	Contact: 0800 778 778; Text: 4006; Website: quit.org.nz.	Available from: Vape stores; online.	Available from: Public library; book stores; online.
Features: Keeps your hands busy. Discreet to use.	Features: Three-month course that can be repeated as required.	Features: CoolBerry or Fresh-Mint flavour fast relief of cravings (about 60 secs). Discreet and easy to use, 150 sprays in each device.	Information: Must complete the course for maximum effectiveness. One funded course per year. Further non-funded courses available.	Features: Fruit or mint flavoured gum 2 or 4mg. Lozenge 2 or 4mg; Patches 7, 14 or 21mg.	Features: ALL FREE Quit coaches who provide advice and support, home or work visits, group quitting, NRT.	Features: Free phone and text support from quit advisors. Supportive online community with other quitters and personal online dashboard.	Features: Significantly less harmful than smoking tobacco but not completely harmless. (Ministry of Health, 2018). Get the facts on vaping at https://vapingfacts.health.nz/	Features: Various books available; Self-help resource; Highly recommended by ex-smokers.

You are four times more likely to quit and stay smokefree with a quit coach (TOAM Stop Smoking Services) and medication than quitting alone!

