



# LIVING

## Smokefree Service

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We can help **YOU**  
stop smoking

The Counties Manukau LIVING Smoke-free Service provides free support for people to become smokefree.

**CONTACT US**

Call **0800 569 568**  
(option 6)

Text **NOW** to 226

Email **smokefree@middlemore.co.nz**

You can also **ask your GP** to send a referral through Care Connect  
**e-referrals: Smokefree (CMDHB)**

**We work in partnership with local providers, and Quitline, to ensure you are offered free, convenient, local and culturally appropriate support.**

**All providers are able to ensure ongoing access to funded Nicotine Replacement Therapy (NRT) and advise you about other non-funded NRT, Bupropion (Zyban®), Varenicline (Champix®) and more.**

**The range of support on offer includes:**

- Face to face
- Home visits / phone contact
- Group programmes
- Drop in clinics
- Free NRT, advice on other cessation medications

**Delivered in an individual, whaanau/ family or group setting.**



**Smokefree** 2025  
*Counties Manukau*