

Stop Smoking Service in Aotearoa

North Island		
Northland		
Toki Rau Stop Smoking Services Northland	referrals@tokirau.co.nz	0508 TOKIRAU (0508 8654 728)
Auckland & Waitemata		
Ready, Steady, Quit	info@readysteadyquit.org.nz	0800 500 601
Counties-Manukau		
Counties Manukau Health Living Smokefree	smokefree@middlemore.co.nz	0800 569 568
Waikato & Tairāwhiti		
Once and For All Stop Smoking Service	stopsmoking@pinnacle.health.nz	0800 Once4All (0800 6623 4255)
Bay of Plenty		
Hāpainga Stop Smoking Service	hapainga@ebpha.org.nz	0800 HĀPAINGA (0800 427 246)
Taranaki		
Taranaki Stop Smoking Service	stopsmoking@tuiora.co.nz	06 759 7314
Taupo & Rotorua		
Manaaki Ora Smokefree Support Service	referralhub@tipuora.org.nz	0800 348 2400
Whanganui		
Ngā Taura Tūhono – Whanganui Stop Smoking Service	sss@wrhn.org.nz	0800 200 249
Hawke's Bay		
Te Haa Matea	register@ttoh.iwi.nz	0800 300 377
MidCentral – Palmerston North		
Te Ohu Auahi Mutunga	toam@tewakahuia.org.nz	0800 40 50 11
Wellington, Wairarapa and Kāpiti Coast		
Takiri Mai Te Ata	takirimaiteata@kokiri-hauora.org.nz	0800 WAN AKP (0800 926 257)
South Island		
Nelson Marlborough		
Stop Smoking Service Nelson Marlborough	smokefree@nmdhb.govt.nz	0800 NO SMOKE (0800 667 665)
West Coast		
Oranga Hā – Tai Poutini: Stop Smoking West Coast	StopSmokingGreymouth@cdhb.health.nz StopSmokingWestport@cdhb.health.nz	0800 456 121
Canterbury		
Te Hā – Waitaha Stop Smoking Canterbury	smokefree@cdhb.health.nz	0800 425 700
South Canterbury		
South Canterbury Stop Smoking Services – District Health Board	smokefree@scdhb.health.nz	0800 542 527
Southern		
Southern Stop Smoking Service	admin@stopsmoking.nz	0800 925 242