



Visit our website for
more information on
tat.org.nz



Scan the **QR code** above
to access our referral
form for support.



Starting a smoke-free
journey can be difficult
but we are here to help.

Contact our Smokefree
Practitioner Bale Vuadreu
on 027 429 0006 or
0800 PASIFIKA (727 434) to
begin your smoke-free journey.



Smokefree Support

Are you ready to
quit Smoking?



What to expect:

- 1 After registration, our smokefree practitioner will contact you to create a tailored smokefree plan for you and your family.
- 2 We provide face-to-face support during home visits or phone support.
- 3 We have available nicotine replacement therapy resources such as nicotine gum, lozenges and patches.

Do it for your health, do it for your finances, do it for your family.

Pregnant and looking for support in quitting? We also have a special pregnancy incentive program available.



There are more than 4000 poisonous chemicals in a single puff of a cigarette.



There are close to 350 deaths annually in New Zealand due to passive smoking.



You can save more than \$5k per year from quitting smoking.

Average cost of 3 packets per week	\$105
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Average cost in a month	\$420
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Average cost in a year	\$5,040
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