

Smoking Cessation Service

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Other Services

For more information on the other services that we provide at Te Runanga O Whaingaroa

Please Contact Us @

Te Runanga O Whaingaroa

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Together we can achieve
Smoke-free Aotearoa
2025!

Te Runanga O Whaingaroa was established in 1991, to access resources and deliver services for the Whanau of Whaingaroa

Smoking Cessation
Service

Stop-Smoking Support



It's about
whanau!



SMOKING CESSATION

E hara taku toa i te toa takitahi engari

he toa takitini

My strength is not mine alone

but by the many

Your Stop Smoking Journey!

Having made the conscious decision to commit to your stop smoking journey and live a healthier smoke-free lifestyle, contact me: Cara Epiha — Smoking Cessation Advisor @ Te Runanga O Whaingaroa, and together we will draw up a detailed plan to help you reach your stop-smoking goals.

Step 1: Set a Quit Date

Step 2: Know your reasons for quitting

- Health Benefits
- Money savings
- Whanau well-being
- Smoking kills

Step 3: Know your triggers

1. Addiction to Nicotine
2. Habits
3. Emotions

Step 4: Use Stop Smoking medicines

- Nicotine Replacement Therapy (Patches, Lozenges and Gum.)
- Prescription Medicines (Champix and Zyban)

- Non-subsidised Nicotine Replacement Therapies such as Nicotine Sprays, Inhalators and E-Cigarettes.

Step 5: Stay Quit!

- Preventing Relapse

Step 6: Celebrate Success! and live a Healthier, Richer, Smoke-free Lifestyle!

Who can access this Smoking Cessation Service?

All whanau residing in the Whangaroa Rohe.

Realising Whanau Wellbeing (Oranga) through living a Smoke-free lifestyle

Start your Journey Today!