



There are Stop Smoking Service providers located throughout New Zealand, and they can help you on your quit journey. Your local service will be able to work with you to create your quit plan, with free and flexible support and free Nicotine Replacement Therapy (NRT).

### Details

- Email: [admin@stopsmoking.nz](mailto:admin@stopsmoking.nz)
- Phone: 0800 925 242

### Website

[www.smokefree.org.nz/](http://www.smokefree.org.nz/)