



Te Piki Oranga
MĀORI WELLNESS SERVICES

Te Hā Aukati Kaipaiapa *Stop Smoking Services*



Supporting Māori, Pacific people, pregnant wāhine (of any ethnicity), smoking partners and family living with a pregnant wahine, vulnerable populations including the refugee population who use tobacco products are eligible to access our service.



Te Hā (The Breath) is Te Piki Oranga smokefree programme. The genesis of the name “Te Hā” is based around the sharing of the breath of life between two people as practiced in Māori pōwhiri.

Te Hā is free and available to enrolled whānau. We support individuals, groups and hapu mamas to stop smoking.

Service delivery includes:

- * Support from trained stop smoking coaches
- * Face to face sessions provided to individuals and groups
- * Home visits and follow up support
- * Access to Nicotine Replacement Therapy at low or no cost
- * Support for smokefree health promotion activities

At our follow-up visits, we will discuss how to become smokefree, how to be smokefree and how to stay smokefree.

“The best thing for you and the health of your whānau is to stop smoking.”

Contact us:

To access healthcare services for yourself, whānau/client:

Phone: 0800 672 642

Web: www.tpo.org.nz

 [Facebook.co.tepikioranga](https://www.facebook.com/te.piki.oranga)

Call or visit one of our health hubs:

Motueka: 03 528 1046

Whakatū: 03 546 9099

Wairau: 03 578 5750