

Stay  **Quit**
Beat the Crave

Delay

Delay for at least five minutes,
the urge will pass

Deep breathe

Breathe slowly and deeply

Do something else

Keep your hands busy

Drink water

Take 'time out', sip slowly

The  Group
TE ROOPU ME MUTU

0800 778 778

Code HE10141

New Zealand Government

Help Card

If you need help to stop smoking

call the Quitline 0800 778 778 for:

- **support**
- **help with planning**
- **information.**

CALL THE QUITLINE

0800 778 778