

Te Petipeti?

Don't leave it to chance.



choice
NOT CHANCE

Let's choose to end harmful gambling





Ngā tohu

Any of these things could point to a problem:

- ▶ Gambling to try and win back money you've lost
- ▶ Spending more time or money gambling than planned
- ▶ Making excuses or lying to cover up gambling
- ▶ Feeling guilty or worried about gambling
- ▶ Losing interest in your whānau or other activities.

***"We always talk about our wins,
never our losses."***



Kōrero ā-whānau

Chances are your whānau may already be concerned that there's a problem, and they may even suspect or know it's gambling. Kōrero with them. Together you might come up with ways of dealing with the problem or getting help.

If you feel that you can't kōrero with your whānau, call the free **Gambling Helpline 0800 654 655** or free local support services.

Remember that you're not alone and the sooner you take action the easier it will be:

- ▶ Be honest with yourself and others about the effect your gambling is having
- ▶ Avoid going to places where you can gamble or consider excluding yourself from venues
- ▶ If you still gambling, set a limit and leave bank cards at home
- ▶ Contact one of the free support services
- ▶ Visit **[choicenotchance.org.nz](https://www.choicenotchance.org.nz)** for more ideas.

"I eventually asked for help and I wasn't judged. I'd encourage others to seek help early."



Manaaki tangata

If you're worried that someone's gambling is harming them or others, it probably is. They may feel whakamā and not able to see a way out. Others may just think it's a bit of fun and not realise their gambling is becoming a problem.

The sooner you tackle this together the better. The free **Gambling Helpline 0800 654 655** or local support services provide confidential support for gamblers and concerned others.

Ngā Mahi tautoko

- ▶ Tell them what you've noticed about their behaviour and how it makes you feel
- ▶ Whakarongo. Let them know you care and that you're there for them
- ▶ Don't lend them money. Make the offer to help them manage their money
- ▶ Spend time with them and encourage other activities
- ▶ Offer to contact the Gambling Helpline or free local support services with them.

"Do the whānau thing and look after each other."

*“Kua takoto te
rākau, tākina
te wero!”*



Gambling Helpline
0800 654 655

Māori Gambling Helpline
0800 654 656

*For information,
support and a list of local services*

choicenotchance.org.nz

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