

Need help now?

If you need help to get back on track, or just have questions we're here to talk.



Call the Gambling Helpline **0800 654 655**. Free, confidential, 24/7



Free text the Gambling Helpline **8006**



Support information safergambling.org.nz



Te Tari Taiwhenua
Internal Affairs

Te Whatu Ora
Health New Zealand

Free support

Gambling support services can provide confidential support to help you and your whānau get things back on track.

Make an appointment to meet friendly, professional staff who understand the harms from gambling and can help – without judging.

For free local counselling services:

- safergambling.org.nz/support
- Or ask the Gambling Helpline to put you in touch. Call **0800 654 655**.

Exclude yourself

Through a simple process called self-exclusion, you can choose to ban yourself from one or more pokie rooms that you visit regularly.

This means these places will not let you gamble there for a period of time nominated by you. A period of six months to two years is recommended.

A venue can also exclude you if they have ongoing concerns about your gambling.

To find out more ask the venue staff or contact your local multi-venue exclusion coordinator.

Spending more on the pokies than you wanted?



Should I be concerned?

Do **any** of these sound familiar?

- Spending more time or money than you planned?
- Playing more to try to win back losses?
- Making excuses or hiding how much you play?
- Feeling guilty or worried about your gambling?
- Feeling sick to the pit of your stomach when you've finished playing?

If so, talking to someone about it can help.

Can you beat the odds?

The odds are you will lose.

Pokie machines can be a form of entertainment, however they are not designed to help players make money.

You might sometimes have a win but, if you keep playing, you are likely to lose all the money you put in.

One in every three regular pokie players is experiencing harm as a result of their gambling.

How do pokies work?

A pokie machine is a computer designed to take in more money than it pays out – there is no skill or trick to cheat it.

Each spin is random and will have as much chance of winning as the last. It doesn't matter how long you sit at a machine or if it hasn't paid out in a while, you will probably lose.

Games are designed to give free spins to make you think you are doing well so you keep playing.

You should only gamble with as much as you can afford to lose.

Helpful tips

Here are some ideas to help keep things in check:

- Set a limit – only use money that is not meant for other priorities.
- Leave the bank cards at home.
- Set up automatic payments for household bills.
- Take regular breaks to clear your head.
- Be honest with yourself and others about your gambling.

Visit **safergambling.org.nz** for more tips and information.