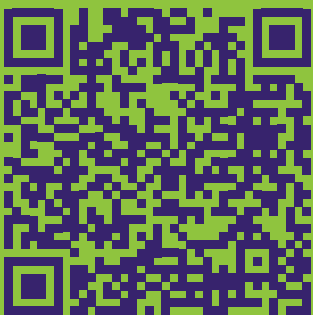


# Are you spending more on the pokies than you wanted?

For free advice or support call the Gambling Helpline on 0800 654 655 or text 8006.

Or find your local support service at [safergambling.org.nz/support](https://safergambling.org.nz/support)



**Te Tari Taiwhenua**  
Internal Affairs

**Te Whatu Ora**  
Health New Zealand