

# Gambling mo “pokies”: wea blong kasem help

Gambling mo ol poker masin (we oli singaotem “pokies”) i save kosem problem olsem blong man i lusum ol sevings blong hem mo spolem ol rilesensip blong hem. Ol gem ia oli mekem yu wantem plei longtaem mo yu save lusum bigfala mane long sot taem nomo. Hemia sam long ol samting we yu save mekem sapos yu o wan narafala wan i stap stragel long fasin blong gambling.



Toktok long wan fren o wan famli. Tugeta yu save faenem ol tul mo sapot: [www.gamblinghelponline.org.au/helping-others](http://www.gamblinghelponline.org.au/helping-others).



Kontaktem kantri lieson ofisa blong yu long Ostrelia blong kasem sapot long lanwis mo kalja blong yu: [www.palmscheme.gov.au/contact](http://www.palmscheme.gov.au/contact).



Kontaktem Gambling Help Online long enitaem (24 haa long evri dei blong wik) long namba ia 1800 858 858 o yusum onlaen jat o SMS blong kaonseling sevis we hem i fri nomo: <https://www.gamblinghelponline.org.au/>.

Mo tu yu save faenem ol sapot sevis blong gambling long websaet blong Lifeline: <https://toolkit.lifeline.org.au/topics/problem-gambling/support-services-for-gambling>.



Kontaktem wan representatif blong Community Connections blong faenem ol sapot netwok long eria blong yu: [www.palmscheme.gov.au/contact](http://www.palmscheme.gov.au/contact).



Yu save faenem wan infomesen pepa long saed blong kipim gudfala mentol helt taem yu stap long Ostrelia we oli bin transletem mo i stap long ples ia: [www.palmscheme.gov.au/resources/mental-and-physical-health](http://www.palmscheme.gov.au/resources/mental-and-physical-health).



Sapos yu wan woka blong PALM skim mo yu stap harem nogud, i gat wan fon namba yu save kalem **PALM skim sapot sevis laen tru long 1800 51 51 31 we hem i open stat long 8:30am i go kasem 6:30pm AEST (isten standed taem long Ostrelia)**.

## Tingting long impoten samting

Tingbaot ol gol we yu wantem ajivim we i mekem se yu kam long Ostrelia, mo tingbaot ol samting we hem i impoten long yu, famli blong yu, komuniti blong yu mo ol bilif mo tingting blong yu blong gobak long hom. Gambling mo pokies i save spolem yu mo ol gol blong yu. Hem i oraet nomo blong askem help blong folem stret rod bakegen.