

# Veimauilavo kei na 'poki': e tu na veivuke



Na veimauilavo kei na 'poki' (misini ni veimauilavo) e rawa ni vakavu leqa, se yali kina noda ilavo maroro se vakacacani kina na veiwekani. E kedra inaki mera vesuki keda, ka rawa ni yali vakatotolo kina na ilavo levu. Go e vica na ka e rawa ni caka ke sa rawai iko, se dua nomu veikilai, na veimauilavo.



Veivosaki vakaitokani se veiwekani. Rawa ni dou kunea vata na iwali kei na veitokoni: [www.gamblinghelponline.org.au/helping-others](http://www.gamblinghelponline.org.au/helping-others).



Vosa vua noda daunivakasala (liaison officer) e Ostrelia mo vakasalataki ena noda itovo kei na noda vosa: [www.palmscheme.gov.au/contact](http://www.palmscheme.gov.au/contact).



Qiria na Gambling Help Online gauna cava ga ena 1800 858 858, se vakayagataka nodratou sala ni veitalanoa kei na vakasala tekstaki soli wale: <https://www.gamblinghelponline.org.au/>.

E kune tale ga na veitokoni vei ira na rawai ena veimauilavo ena Lifeline: <https://toolkit.lifeline.org.au/topics/problem-gambling/support-services-for-gambling>.



Vosa vua na mata ni Community Connections se veivuke cava so e kune e nomu yasayasa: [www.palmscheme.gov.au/contact](http://www.palmscheme.gov.au/contact).



Go na ivoladusidusi vakadewataki baleta na tikovinaka ni vakasama nida tiko e Ostrelia: [www.palmscheme.gov.au/resources/mental-and-physical-health](http://www.palmscheme.gov.au/resources/mental-and-physical-health).



Ke o cakacaka ena PALM qai vakaleqai tiko nomu tikovinaka, qiria na **PALM scheme support service** ena 1800 51 51 31, 8:30am - 6:30pm AEST.

## Nanuma na tikina bibi

Nanuma tiko na vu na nomu gole mai Ostrelia kei na veika e bibi vei iko: matavuvale, vanua, lotu, kei na nomu namaka na lesu tale. Na veimauilavo kei na 'poki' e rawa ni vakaleqa nomu tikovinaka kei na nomu inaki. Vinaka mo kere veivuke mo kua ni sikalutu.