

Te kemboro ao mitiin ni kotokoto: e na reke iia te ibuobuoki



A kona ni kariki kanganga te kemboro ao mitiin ni kotokoto (te pokies), ni kabanea aia mwane n tatabwi ao man roota naba te waaki ni ikikina imarenaia aomata. A bon karikaki bwa ko na teimatoa n takakaroi ao mani waekoa ni bua te mwane ae e mwaiti n te tai ae e kimototo. Aikai waaki tabeua aika ko kona ngke ke temanna riki ae ko ataia ae e minotaki n te kemboro.



Maroro ma raraom ke temanna kaain te utu. Kam kona n ukeri aanga ao waaki n ibuobuoki: www.gamblinghelponline.org.au/helping-others.



Reitaki ma am country liaison officer i Aotiteria ibukin te ibuobuoki n oin am taetae ao katein abam: www.palmscheme.gov.au/contact.



Reitaki ma te Gambling Help Online 24 te aoa, 7 te bong n te wiiki iaon 1800 858 858 ke kabongana aia tabo ni maroro iaonrain ke kanakoa am SMS nakon te tieweti ni maroro, ae e aki kaboaki: <https://www.gamblinghelponline.org.au/>.

Ko kona naba ni kakaea ana tieweti n ibuobuoki ibukin te kemboro iaon ana webetiaiti te Lifeline ikai: <https://toolkit.lifeline.org.au/topics/problem-gambling/support-services-for-gambling>.



Reitaki ma temanna te tia mwakuri man te Community Connections ni kakaei rabwata aika a na kona ni buokiko iaon am aono: www.palmscheme.gov.au/contact.



E kona naba n reke iroum te kaongora ae e eti, n oin am taetae, iaon aron te waaki ni kamarurunga te iango inanon am tai n tiku i Aotiteria, ikai: www.palmscheme.gov.au/resources/mental-and-physical-health.



Ngkana te tia mwakuri ngke iaan te PALM tikiim ao e rotaki marurungim, e kona n reke ana tieweti n ibuobuoki te PALM tikiim iaon 1800 51 51 31 man 8:30am to nakon 6:30pm AEST.

Kabotoan te iango iaon bwaai aika a kakawaaki

Uring am toko ake ko uotimai nako Aotiteria ao bwaai aika a rang kakawaaki riki iroum - am utu, kaain am bota ni kaawa, am aro ao ai bon am kantananga nako ibukin manga okim nako abam. Te kemboro ao mitiin ni kotokoto, a kona ni karika te mwengabuaka ao aki koron am toko ake ko a tia ni baeirei. Akea buren kakaeam te buoka ibukin teimatoam ni waaki raoi.