

Gambling and oketa poker machine: wea fo faendem help

Gambling and oketa poker machine (the pokies) save spoelem man, mekem man lusim selen and brekem relationship. Oketa wakem fo switim man gohed plei and lusim staka selen insaed short taem. If iu or samwan iu save stragol witim gambling, samfala samting lo hia wea iu save duim.



Tok lo wanfala fren or famili memba. Iutufala tugeta save faendem tul and sapot: www.gamblinghelponline.org.au/helping-others.



Contactim liaison officer blo iu lo Australia fo sapot saed lo languis and kastom: www.palmscheme.gov.au/contact.



Contactim Gambling Help Online 24 hours, 7 days a week on 1800 858 858 or iusim online chat or free SMS counselling service: <https://www.gamblinghelponline.org.au/>.

Iu save faendem tu gambling sapot service lo website: <https://toolkit.lifeline.org.au/topics/problem-gambling/support-services-for-gambling>.



Contactim wanfala rep blo Community Connections fo faendem sapot grup lo area blo iu: www.palmscheme.gov.au/contact.



Iu save faendem lo hia information abaotem hao for kipim mental health taem iu lo Australia: www.palmscheme.gov.au/resources/mental-and-physical-health.



If iu wanfala PALM scheme wakman and diswan affectim iu, **PALM scheme sapot service line hem 1800 51 51 31 from 8:30am go kasem 6:30pm AEST.**

Ting strong lo wanem hem important

Rememberim oketa goal wea mekem iu kam lo Australia and oketa samting wea important lo iu – famili, community, faith and oketa hope for taem iu go bak hom. Gambling and poker machine save spoelem hapi and oketa goal blo iu. Hem okay for askem help for no go difren.