

# Pilai laki na ol poki: yu go we na kisim helpim



Pilai laki na ol poka masin (ol poki) i ken bagarapim laip bilong ol man olsem lusim ol moni ol i seivim na nogutim pasin bilong ol long i stap gut wantaim ol narapela man. Sistem bilong pilai laki i save mekim na ol man i wok long pilai i go i go na bai ol i lusim planti moni insait long sotpela haptaim. Em sampela samting yu ken mekim sapos yu o wanpela man yu save long em i wok long kisim hevi long pilai laki.



Toktok long pren o famili bilong yu. Yupela wantaim i ken painim ol tul na sapot: [www.gamblinghelponline.org.au/helping-others](http://www.gamblinghelponline.org.au/helping-others).



Kontektim kantri lieisen opisa bilong yu long Australia long kisim helpim long sait bilong tok ples na kalsa: [www.palmscheme.gov.au/contact](http://www.palmscheme.gov.au/contact).



Kontektim Gambling Help Online 24 aua, 7-pela de long wik long 1800 858 858 o yusim onlain chat bilong ol o SMS kaunseling sevis long fri: <https://www.gamblinghelponline.org.au/>.

Na tu, yu ken painim pilai laki sapot sevis long websait bilong Lifeline: <https://toolkit.lifeline.org.au/topics/problem-gambling/support-services-for-gambling>.



Kontektim maus man bilong Community Connections na bai yu ken painim lain bilong givim sapot long hap yu stap long en: [www.palmscheme.gov.au/contact](http://www.palmscheme.gov.au/contact).



Yu ken painim fekt sit long tok ples bilong yu em i stori long hau yu ken stap gut na isi long tingting taim yu stap long hia long Australia: [www.palmscheme.gov.au/resources/mental-and-physical-health](http://www.palmscheme.gov.au/resources/mental-and-physical-health).



Sapos yu wanpela wokman bilong PALM skim na i stap bilong yu wok long i go nogut, plis kontektim **PALM skim sapot sevis lain long 1800 51 51 31 kirap long 8:30am inap 6:30pm long taim bilong Australia (AEST)**.

## Tingting tasol long ol bikpela samting

Tingim wanem as tru na yu kam long Australia na ol kain samting olsem famili, komiuniti, bilip bilong yu na hop bilong yu long go bek long ples, olsem ol i bikpela samting long yu. Pilai laki na ol poki i ken bagarapim i stap bilong yu na ol kain bikpela samting olsem. Em orait tasol long kisim helpim, na bai yu ken i stap gut.