

Do you...

- Make repeated visits to an ATM whilst gambling?
- Attempt to borrow money at a gambling venue?
- Attempt to cash cheque(s) at a gambling venue?
- Display disorderly/agitated behaviour whilst gambling or after a gambling session?
- Gamble for long periods of time?
- Leave children alone when you gamble?
- Drink too much while you are gambling?

If you answered yes to any of the above questions you may have a gambling problem.



If gambling isn't fun anymore

Talking to someone can really help

Ring the Gambling Helpline 0800 654 655

Photography: Ivor Earp-Jones
www.ejo.co.nz | ivor-ejo@ihug.co.nz

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Are you gambling with more than just your money?

what are the real odds?



The odds of winning on gaming machines

Pokie machines are not designed to help players make money. You might sometimes have a win, but if you keep playing, you'll probably lose all the money you put in.

What has happened in previous games makes no difference to the game you are playing.

It doesn't matter if:

- You play a machine straight after someone else has had a big win.
- You play a machine that hasn't had a big payout for a long time.
- You play at certain times of the day or night.
- You play on certain days of the week.
- You press the buttons a certain way.

The machine decides whether you win or lose. You can't do anything about it.

The odds are you will lose.



What is problem gambling?

Problem gambling is gambling that causes or may cause harm. Gambling can, and does, hurt people close to the gambler (friends, family, whanau), as well as the gamblers themselves.

The harmful effects of gambling can include feelings of guilt, feelings of depression, debt, poverty, crime, the break-down of relationships, family violence and suicide.

It can affect anyone regardless of gender, wealth, age, race or ethnic group. Harm can occur at different levels for different people.

Signs of problem gambling

- Does your gambling stress you out?
- Are you spending more time gambling than you mean to?
- Are you gambling with more money than you can afford to spend?
- Do you gamble as a way of escaping problems?
- Do you lie to family or whanau and friends to hide your gambling?
- Would you, or do you, steal to get money for your gambling?
- Do you ever feel guilty or depressed about the way you gamble?
- Do you gamble to try to win back past losses?
- Do your friends, family or whanau have concerns about your gambling?

If you have answered yes to any of these questions, you may have a gambling problem.