

## Gambling Helpline

**Free, confidential, 24/7**  
**0800 654 655**  
**Text 8006**  
**[choicenotchance.org.nz](http://choicenotchance.org.nz)**

### Free support

Gambling support services have qualified and professional staff who understand harms from gambling and can help – without judging.

Make an appointment to meet with someone who can provide free and confidential support to both you and your family, to help you get things back on track.

**Call the Gambling Helpline on 0800 654 655 to be put in touch with a free service in your area.**

### E xclude yourself

Through a simple process called self-exclusion, you can choose to ban yourself from one or more pokie rooms that you visit regularly.

This means these places will not let you gamble there for a period of time nominated by you. A period of six months to two years is recommended.

A venue can also exclude you if they have ongoing concerns about your gambling.

**To find out more ask the venue staff or contact the Gambling Helpline on 0800 654 655.**

# Spending more on the pokies than you wanted?



**choice** NOT **CHANCE**





## Should I be concerned?

### Do any of these sound familiar...

- Spending more time or money than you planned?
- Playing more to try to win back losses?
- Making excuses or hiding how much you play?
- Feeling guilty or worried about your gambling?
- Feeling sick to the pit of your stomach when you've finished playing?

**If so, it's time to make some changes.**

## Can you beat the



### The odds are you will lose.

Pokie machines are not designed to help players make money. They are meant to be a form of entertainment.

You might sometimes have a win but, if you keep playing, you are likely to lose all the money you put in.

**One out of every three regular pokie players is likely to have a gambling problem.**



## How do pokies work?

**A pokie machine is a computer designed to take in more money than it pays out – there is no skill or trick to cheat it.**

Each spin is random and will have as much chance of winning as the last. It doesn't matter how long you sit at a machine or if it hasn't paid out in a while, you will probably lose.

Games are designed to give free spins to make you think you are doing well so you keep playing.

**You should only gamble with as much as you can afford to lose.**

## Helpful



### Here are some ideas to help keep things in check:

- Set a limit – only take the cash you can afford to lose.
- Leave the bank cards at home.
- Set up automatic payments for household bills.
- Take regular breaks to clear your head.
- Be honest with yourself and others about your gambling.

**Visit [choicenotchance.org.nz](http://choicenotchance.org.nz) for more tips and information.**