

# Gambling Helpline

*Free, confidential, 24/7*

*0800 654 655*

*Text 8006*

***ChoiceNotChance.org.nz***



**choice** NOT **CHANCE**



**Te Tari Taiwhenua  
Internal Affairs**

**Free support**



Gambling support services can provide confidential support to help you and your whānau get things back on track.

Make an appointment to meet friendly, professional staff who understand the harms from gambling and can help – without judging.

**For free local counselling services:**

- **[ChoiceNotChance.org.nz/help](https://www.choice-not-chance.org.nz/help)**
- **Or ask the Gambling Helpline to put you in touch.  
Call 0800 654 655.**

## **E** **clude 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?**



## 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.**