



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 for more tips and information.



Gambling Helpline

Free, confidential, 24/7

0800 654 655

Text 8006

choicenotchance.org.nz

Spending more on the pokies than you wanted?

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choice NOT CHANCE

INTERNAL AFFAIRS

Te Tari Taiwhenua



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.

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.

Exclude 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.