

# Are you spending more on the pokies than you wanted?

***For free advice or support  
call the Gambling Helpline  
on 0800 654 655 or text 8006***

**Will you feel  
sick to the pit  
of your stomach  
when you  
walk away?**

***For free advice or support  
call the Gambling Helpline  
on 0800 654 655 or text 8006***