



BA ROT MÆEC WEI KĒDĒ THUËËC Ë GUMÄRIC

- Du ye ḡöth ulä, yin abë wëu looi ë thuëëc ë gumäric.
- Du kaard ku kēredit kaarddun ë bɛŋ, ye ɣäth tēn ë gumär.
- Du kɔŋ them ba thuëëc ë gumär, ë wëu ɣɔɔc ë miëth, wëu ariöp ë baai ku wëu ë cɔet piny ë biil.
- Du kɔŋ them ba wëu deen bi yin ke la thuëëc ë gumär.
- Guir kaam bi yin thuëëc ku cɔl aciekic, ku cɔl wëu alik. Na ca thök lä, ke yi lööny dhöl ba lac jääl.



HOW TO AVOID PROBLEMS WITH GAMBLING:

- Do not expect to make money from gambling.
- Do not take your bank or credit card to a gambling venue.
- Never gamble with money that is meant for food, bills or rent.
- Never borrow money to gamble.
- Set a time and money limit, and leave the venue when you reach that limit.



Thuëëc ë gumär acie yin jöör ërot yitök. Na ye rot yiök, ke yi jöör gumär tēdä, ke yi ye diëer aya ë raandun tōŋ macthok ku mäthdu, ka la dhël ë kuɔɔny bē tōthin. Kuɔɔny atōthin tēnē kɔc ë thuëëc ë gumär. Kuɔɔny lēu bē ke cɔl akäac bik röt mæec wei ku guirkë käjöör keek alɔŋ wëu. Yin alēu ba yup ë kaamdun ca tak, ku agamthok aba yiök tē wic yin yeen. Kwat kä ba lueel ebën, aa ye moony ku aa ye thiaan, ërin aa käkkun ë yienhdu.

**Yup nīmīra ë jɔk, 1800858 858
tēdä, ke yi nem wēbthait ë jɔk,
[www.gamblinghelponline.org.au /](http://www.gamblinghelponline.org.au/)
ee kuɔɔny ye gam aliiric.**

You are never alone in a gambling problem. If you think you have a problem with gambling or are worried about a family member or friend there is help available. Gambler's Help can help you to stop or control your gambling and manage financial problems. You can call at any time and get an interpreter if you want one. Anything you say will be private and confidential.

**Call 1800 858 858 or visit
www.gamblinghelponline.org.au
for online support.**



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gambler's help
1800 858 858
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DINKA / ENGLISH

YE THUËËC Ë *GUMÄR/BUÖÖTH*
KAAM DĪT KU WËU JUËC NYAAI
TĒNĒ YĪIN?

**IS GAMBLING TAKING TOO MUCH
OF YOUR MONEY AND YOUR TIME?**





- Gumär/Buöth acie yen ë dhël lëu bi col alac jak.
- Yin acin këläu ba yiök ë gumäric.
- Poker machine, ACIN KËLËU BË KAN GAM AYEER TËNË YÏIN. Acin këdäj, të cök yin wëu juëc tääu yeyic, ba cool ë thuëëc, ka cïn kë kɔŋ këëc bei thin alonayɔn.
- Na wïc ba jak, ke yï ye rëër kek kockun macthok.
- Gambling is not a way to get rich quickly.
- You can't win from gambling.
- A poker machine is NEVER due to pay out. No matter how many times you play or how much money you put in.
- If you want to be rich, spend time with your family.

- Thuëëc ë gumär, alëu bë yo tek yiic kek kockuan macthok, ku wet bääikua piny.
- Na ye wëu juëc jal muör, ku näk kaam dïttet ë gumäric, ka lëu bë akëëk bëëi ë kamkun wek ë tiɛŋdu ku miëthku. Agut akööl kock, luɔndu alëu bë riääk, aräk aba ciën të ye yin biil ben cuat piny.
- Gambling can disintegrate our families.
- When too much time and money are spent on gambling, it can create problems with your family...and sometimes with your job or with paying bills on time.

- Na ye cool ë thuëëc, ke yin atɔu, ke yï guɔt yï bë ɲɔŋ. Apuɔlic bë këriëëc ebën lac määär yïciin.
- Ye rot gäm kaam thin nyɔɔt, ba pïirdun akölrïal guiir, ku du riëëcdu col athöök wei.
- The longer you play the more you lose. It's easy to lose everything.
- Spend time creating your future, don't throw away your youth.