

# A pokie machine is never due to pay out.

It doesn't matter what time you play the machine, how often you play, or how much money you put in.

**The more you play, the more you will lose.**



# Free and confidential help

Call **Gambler's Help** at any time, or ask to meet with a counsellor for a free and confidential appointment.

You can get a free interpreter if you want one.

Phone **1800 858 858** or visit  
[www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au).

A Victorian  
Government  
initiative



**gambler's help**  
**1800 858 858**

[problemgambling.vic.gov.au](http://problemgambling.vic.gov.au)

Deaf, hearing or speech impaired  
call TTY 1800 777 706.  
Interpreting services available.

take the **problem** out of gambling



Produced by the **Multicultural Gambler's Help Program**

Funded by the Office of Gaming and Racing, Department of Justice

Copyright Centre for Culture, Ethnicity & Health 2009

Somali



The  
more you gamble,  
**The  
more you lose**

Free and confidential help is available

**gambler's help**  
**1800 858 858**

[problemgambling.vic.gov.au](http://problemgambling.vic.gov.au)

take the **problem** out of gambling

Free and confidential 24hr service.  
Deaf, hearing or speech impaired  
call TTY 1800 777 706.  
Interpreting services available.

## Do you have a problem with gambling?

- Do you spend too much time or money on gambling?
- Do you keep trying to win back money you have lost?
- Do you borrow money to gamble?
- Do you feel guilty or stressed about gambling?
- Do you and your family have financial problems because of gambling?

## Help is available

**Gambler's Help** is a free service that you can call at any time.

You can remain anonymous and anything you say will be kept private and confidential.

You can talk about how to control or stop gambling, and how to manage finances and debts.

You can get a free Somali interpreter if you want one. The interpreter will also treat anything you say as private and confidential.

## How to protect yourself

Here are some things you can do to control your gambling.

- Leave your bank and credit cards at home and do not carry large amounts of cash with you.
- Avoid parking your car near pokie venues so you won't be tempted to go in.
- Find a different way to entertain yourself – read a book, have a coffee or a meal, go for a walk or call a friend.
- Pay your rent and bills as soon as you get paid, so that you are not tempted to gamble with the money.
- If you are guilty or stressed about gambling, it is better to seek help than to live with these feelings.
- Talk about the problem with someone you trust. If you do not want to talk to someone you know, you can always call Gambler's Help for private and confidential help.

