

What is gambling?

Gambling is when you bet money on something that is not certain to happen. There are many different forms of gambling including card games, horse racing, poker machines and betting on sports games.

For some people gambling is a harmless form of entertainment, but for others it can become a serious problem.

Can you win money?

The more you gamble, the more money you will lose.

Facts about the pokies

Nothing you can do will increase your chances of winning money on a poker machine.

- It doesn't matter how many times you play.
- It doesn't matter what time you play, or what the machine looks like.
- It doesn't matter how much money has gone into the machine.

A poker machine is never due to pay out.

If you play the pokies, you should play for entertainment. Never expect to win money.

What can go wrong?

Gambling can become a serious problem for some people and their families. This can include:

- Losing large amounts of money on gambling
- Trying to win back money they have lost
- Gambling because they are lonely or have nothing else to do
- Constantly thinking about gambling
- Lying to family or friends about gambling
- Feeling anxious or depressed because of gambling

Problem gambling can cause harm, but it is never too late to seek help.

Is there help?

If gambling is a problem for you or someone you know, you can get help.

Gambler's Help is a free service that can help people who have gambling problems. They can help people control or stop gambling, and help them to manage financial problems caused by gambling.

Anything you say will be kept private. Gambler's Help will not tell anyone else that you called.

You can speak to a Gambler's Help counsellor on the phone at any time, or meet someone in person. An interpreter can be provided if you want one.

Call Gambler's Help at any time on 1800 858 858 or visit www.gamblinghelponline.org.au for online support.



A Victorian Government initiative



တၢ်တၢ်ကျိၣ်တၢ်စ့စံးတၢ်န့ၣ် မ့ၢ်မနုၤလဲၣ်?

တၢ်တၢ်ကျိၣ်တၢ်စ့စံးတၢ်လၢစ့လၢတၢ်တမံမံအဖီခိၣ် လၢအကဲထီၣ်သးတသ့လီၤတၢ်ဘၣ်န့ၣ်လီၤ.

တၢ်တၢ်ကျိၣ်တၢ်စ့စံးအံၤအကၢ်အဂီၢ်အိၣ်ဝဲအါကလုာ်ပၣ် ယုၢ်တၢ်ဒိဖဲတဖၣ်, တၢ်တၢ်စ့လၢတၢ်ပြုကသ့ၣ်အဖီခိၣ်, တၢ်စ့လၢ ဖိခါဖဲအပူၤဒီးတၢ်စ့လၢတၢ်လိၣ်ကွဲပြုအဖီခိၣ်တဖၣ်န့ၣ်လီၤ.

လၢပုၤတနီၤအဂီၢ်တၢ်တၢ်ကျိၣ်တၢ်စ့စံးမ့ၢ် တၢ်မုၢ်လၢသးဖုံတမံလၢတဖၣ်ဘၣ်ဒိဘၣ် ထံးတၢ်ဘၣ်, ဘၣ်ဆၣ်လၢပုၤတနီၤအဂီၢ်ကဲထီၣ် တၢ်ဘၣ်ဒိဘၣ်ထံးအဖီခိၣ်အအါလီၤ.



နမ့ၢ်တၢ်ကျိၣ်တၢ်စ့ အါထီၣ်, နကရူအါထီၣ် စ့ၢ်ကိးလီၤ.



နနာတင်လာနကဒီးန့ၣ်ကျိၣ်စ့သ့ၣ်ခါ? တၢ်လဲၤကမၢ်သးသ့ၣ်လဲၣ်? တၢ်မၤစၢအိၣ်ဝဲစ့ၢ်ခါ?

နမ့ၢ်တၢ်ကျိၣ်တၢ်စ့အါထီၣ်, နကၤအါထီၣ်လီၤ.

တၢ်ဂ့ၢ်ခိၣ်သ့ၣ်ဘၣ်ယးဒီးတၢ်လိၣ်ကွဲၤတၢ်လၢဖိခဲးအပူၤ

နကမၤအါထီၣ်နတၢ်ခွဲးတၢ်ယၢ်လၢနကနာတၢ်လၢတၢ်စ့လၢဖိခဲးတၢ်လိၣ်ကွဲၤအဂီၢ်တသ့ဝဲနီတခံၤဘၣ်.

- နလိၣ်ကွဲၤအဘျီအါဘၣ်ဆၣ်နနာလီၤတၢ်တသ့ဘၣ်
- တၢ်ဆၢကတီၢ်မ့ၢ်ဂ့ၢ်, ဝဲးဝဲလဲၣ်တဖျၢၣ်ဂ့ၢ်နနာလီၤတၢ်တသ့ဘၣ်
- စ့လဲၤန့ၢ်လၢဝဲးပူၤမ့ၢ်အါထဲလဲၣ်ဘၣ်ဆၣ်နနာလီၤတၢ်တသ့ဘၣ်

နထၢန့ၢ်စ့ထဲလဲၣ်ဘၣ်ဆၣ်ဖိခဲးတၢ်ဝဲးဝဲးသးကတၢ်တသ့ဝဲနီတဘျီဘၣ်လီၤ.

နမ့ၢ်လိၣ်ကွဲၤဖိခဲးန့ၢ်, နကြးလိၣ်ကွဲၤအိၣ်တၢ်မၤသးဖံၣ်ထီၣ်သးအဂီၢ်ခါလီၤ. တဘၣ်လိၣ်ကွဲၤလၢနကမၤန့ၢ်ကျိၣ်စ့အဂီၢ်လၢတက့ၤတဂ့ၢ်.

တၢ်တၢ်ကျိၣ်တၢ်စ့အံၤကဲထီၣ်တၢ်ဂ့ၢ်ကိၣ်ခိၣ်န့ၢ်ကလဲၣ်တခါသ့ဝဲလၢပုၤတန့ၢ်ဒီးဟံၣ်ဖိခဲးအဂီၢ်နီၤလီၤ. တၢ်အံၤပၣ်ယုၣ်...

- နကၤအါထီၣ်အါဂီၢ်ခိၣ်ဖျိတၢ်တၢ်ကျိၣ်စ့အယိ
- နကအဲၣ်ဒီးမၤန့ၢ်ကၤကၤစ့လၢန့ၢ်တၢ်တဖၣ်
- တၢ်တၢ်ကျိၣ်စ့ကမ့ၢ်ခိၣ်ဖျိတၢ်အိၣ်သယုၢ်သညိထဲတကၤအယိမ့ၢ်တမ့ၢ်တၢ်မၤစၢအိၣ်နီၤအယိ
- ထီၣ်ဆိကမိၣ်ဒၣ်ထဲကလိၣ်ကွဲၤတၢ်တၢ်ကျိၣ်စ့တခါခါ
- တဲလဲၣ်တဲလီၤဟံၣ်ဖိခဲးမ့ၢ်တမ့ၢ်တၢ်သကိးတဖၣ်ဘၣ်ယးဒီးတၢ်တၢ်ကျိၣ်စ့အဂ့ၢ်
- သ့ၣ်ပိၢ်သးဝဲးမ့ၢ်တမ့ၢ်သ့ၣ်အုးသးအုး

တၢ်တၢ်ကျိၣ်စ့တၢ်ဂ့ၢ်ကိၣ်အံၤကဲထီၣ်တၢ်ဘၣ်ဒီးဘၣ်ထံးသ့ဝဲ, ဘၣ်ဆၣ်လၢကယုတၢ်မၤစၢအဂီၢ်တဖၣ်ခဲးနီတဘျီဘၣ်.

တၢ်တၢ်ကျိၣ်စ့အံၤကဲထီၣ်တၢ်ဂ့ၢ်ကိၣ်လၢပုၤတကၤလၢနသ့ၣ်ညါအိၣ်မ့ၢ်အိၣ်, နမၤစၢသ့လီၤ.

တၢ်မၤစၢလၢပုၤတၢ်ကျိၣ်စ့တကၤအဂီၢ်မ့ၢ်တၢ်မၤစၢတခါလၢတလၢ်ဘျီလၢ်စ့လၢကမၤစၢပုၤလၢအိၣ်ဒီးတၢ်တၢ်ကျိၣ်စ့တၢ်ဂ့ၢ်ကိၣ်တဖၣ်အဂီၢ်လီၤ. အဝဲသ့ၣ်မၤစၢပုၤတဖၣ်အံၤလၢကသ့ပုၤလီၤအသးမ့ၢ်တမ့ၢ်ဆိကတီၢ်တၢ်တၢ်ကျိၣ်စ့, ဒီးမၤစၢအဝဲသ့ၣ်လၢကကွၢ်ထွဲလီၤက့ၤအကျိၣ်စ့တၢ်ဂ့ၢ်ကိၣ်တဖၣ်လၢကဲထီၣ်သးခိၣ်ဖျိတၢ်တၢ်ကျိၣ်စ့အယိလီၤ.

တၢ်လၢနတဲဖျါတခံၤလၢ်တၢ်ကဟံၣ်အိၣ်လၢတၢ်စ့သ့ၣ်လီၤ. ပုၤလၢအမၤစၢတၢ်ဘၣ်ယးတၢ်တၢ်ကျိၣ်စ့တဖၣ်တတဲဖျါဆူပုၤလၢနကိးတဖၣ်အအိၣ်နီတကဘၣ်.

နကတီၢ်တၢ်ဒီးတၢ်မၤစၢတၢ်တၢ်ကျိၣ်စ့ဝဲးဒီးအလီၢ်ပုၤဟ့ၣ်ကူၣ်တၢ်တကၤလၢလီၤတဲဖျါအပုၤတဘျီလၢ်လၢသ့ဝဲ, မ့ၢ်တမ့ၢ်နထံၣ်လီၤသးလၢနီၢ်ကစၢ်သ့ဝဲလီၤ. တၢ်ကျိၣ်စ့န့ၢ်ပုၤကျိၣ်ထံတဖိသ့ဝဲထီၣ်တဲဖျါနလိၣ်ဘၣ်အခါလီၤ.

ကိးဘၣ်လီၤတဲဖျါဆူပုၤမၤစၢတၢ်လၢတၢ်တၢ်ကျိၣ်စ့တၢ်မၤလီၢ်တဘျီလၢ်လၢဖဲ (1800 858 858) မ့ၢ်တမ့ၢ်ကွၢ်ဘၣ်ဖဲ www.gamblinghelponline.org.au လၢကဒီးန့ၢ်တၢ်မၤစၢလၢအိၣ်လဲနကသ့အဂီၢ်တက့ၢ်.