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.







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

take the **problem** out of gambling



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The more you gamble,

The more you lose
Free and confidential help is available

gambler's<mark>help</mark> 1800 858 858

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Interpreting services available.

take the problem out of gambling

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?

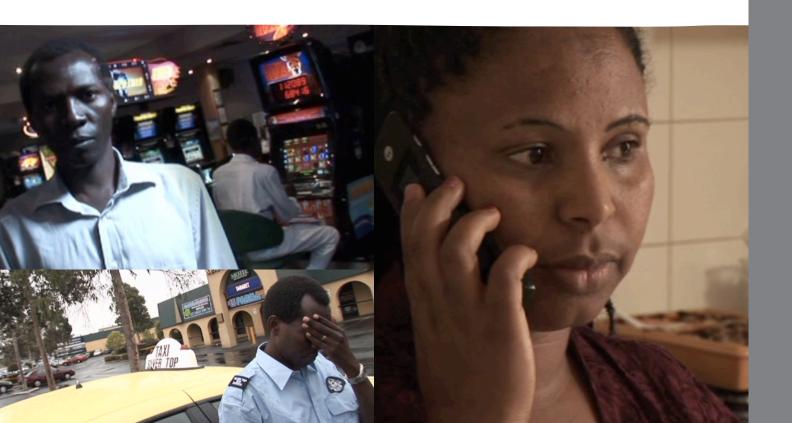
Help is available

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 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.