



First Sovereign[®]

T R U S T

Sometimes it's all too easy to spend more time and money than you can really afford.

And that's when the fun stops for you, your family and friends.

If you find yourself gambling more and enjoying it less may be its time to take control and make a winning move for yourself. ***If you think your gambling may be getting the better of you here are a couple of things to get the odds back on your side.***

- Make it a special occasion not a habit
- Set yourself limits and stick to them
 - Take a friend
 - Leave the plastic at home
 - Be honest about the odds
- What are the odds I have a gambling problem.

Know when to Stop.

What are the signs of a Gambling Problem?

- Losing more money than you can afford on a regular basis.
- Lying about where the money is going
- Borrowing money to gamble or pay debts
- Using money meant for household food and bills to gamble.
- Taking time off work to gamble.
- Being evasive or secretive about money or gambling.

Ask yourself a few simple questions

- Am I having as much fun gambling as I used to?
- Do I only find it enjoyable when I go over my limit?
- Is playing the machines an escape from other things in life?
- Do I sometime feel like I am out of control like on a slippery slope?
- Can I talk honestly about how often and how much I gamble.
- Is my gambling affecting important part of my life like my family and job?
- Am I getting into debt or not paying my bills because of my habit?
- Why can't I cut back or stop even though I really should?
- Do I keep chasing my losses, but simply end up even further behind?
- Have I ever done something I know I shouldn't to raise money for the machines?
- Do I get upset or angry if questioned about my gambling?

If any of this sound like you, talk to someone.

Confidential and professional help is just a phone call away.

Gambling Problem Help Line service at 0800 654 655

You may also have in your area the following additional support services.

- Gamblers Anonymous
- Samaritans
- Citizens' advice Bureau
- Salvation Army

It's your decision.

Only you can decide whether to cut back your gambling to keep it as enjoyable and affordable as part of your life. But there are people who can give you a helping hand if you feel you want it.

Talk to your family about your situation, aren't they the ones you really care about.

If this is difficult for you, have a chat at least once with a qualified counsellor. There are free and confidential services available to help you set realistic goals and achieve them.

Even if you've never considered counselling before you'll find that it really can help you understand why you gamble, what you can do and how to go about it. Trained and experienced counsellors can even give you advice about getting out of debt and getting any other help you might need.

Help is just a phone call away.

7 days a week 8am to 11.30pm

Gambling Problem Help Line Phone 0800 654 655
or www.gamblingproblem.co.nz