

If you want to talk to someone about your gambling, or about the gambling of someone you know, you can call:

Gambling Helpline - 0800 654 655
(free and confidential 24 hours)

Other free problem gambling counselling services include:

- Salvation Army Oasis Centres
(Henderson, Otahuhu, Howick, Manukau, North Shore, St Lukes)
09 846 0660
- Problem Gambling Foundation
0800 664 262
- Asian Hotline
0800 862 342
- Pasifika Gambling Helpline
0800 654 657
- Maori Gambling Helpline
0800 654 656
- Community Alcohol and Drug Service
09 845 1818
- Hapai Te Hauora Tapui
09 520 4796
- Tupu Pacific Mental Health Addictions Service
09 845 1810
- Raukura Hauora o Tainui
09 267 2899

**“ If you or someone you
know shows signs of
problem gambling**

... help is at hand. ”

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**WOULD YOU LIKE
A HELPING HAND?**



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At SKYCITY we take our responsibilities as a host very seriously: the safety and well-being of our customers is a top priority.

For some people gambling can cause harm, including financial problems, emotional distress and relationship difficulties.

If you or someone you know shows signs of problem gambling...help is at hand.

Are you concerned about your gambling?

If you agree with four or more of these statements, gambling is likely to be a problem for you:

- Sometimes I've felt depressed or anxious after a session of gambling
- Sometimes I've felt guilty about the way I gamble
- When I think about it, gambling has sometimes caused me problems
- Sometimes I've found it better not to tell others, especially my family, about the amount of time or money I spend gambling
- I often find that when I stop gambling I've run out of money
- Often I get the urge to return to gambling to win back losses from a past session
- I have received criticism about my gambling in the past
- I have tried to win money to pay debts

Are you concerned about someone else's gambling?

Gambling might be a problem if someone:

- Is spending more than they can afford to lose
- Is spending lots of time gambling
- Sees gambling as a way to get out of debt
- Is constantly borrowing money to pay ordinary bills or expenses
- Starts selling personal items such as a TV, stereo or jewellery
- Becomes secretive about money
- Becomes secretive about where they are and what they're doing
- Starts getting new credit cards
- Starts avoiding people (they may owe them money)
- Loses interest in social activities, refusing invitations they'd usually accept.

SELF-EXCLUSION

In addition to help from these organisations, you or someone you know may wish to take part in SKYCITY's self-exclusion programme. Under this programme a customer can voluntarily ask to be excluded from all SKYCITY casinos in New Zealand for a year. See the SKYCITY 'Self-Exclusion' brochure to find out more.