

E hiahia tautoko ana koe ināianeī?

Ki te hiahia tautoko koe me he pātai noa rānei āu, kei konei mātou ki te kōrero.



Waea atu te Waea Tautoko Petipeti **0800 654 655**. Utu kore, matatapu, 24/7



Patutuhi mai ki Tautoko Petipeti **8006**



Ngā ratonga tautoko petipeti o tō takiwā: safergambling.org.nz/support



Te Tari Taiwhenua
Internal Affairs

Health New Zealand
Te Whatu Ora

He aha rā ngā tūponotanga?

Ko te tūponotanga ka moumou moni ai koe, ka kore hoki koe e whai wā ki te taha o tō whānau, hoa anō hoki.

Ka roa ake ai tō mahi petipeti ki ngā mīhini petipeti, ka nui atu anō ai te moni ka moumouhia atu. Kāore ngā mīhini petipeti i waihanga ake kia mahi moni mā te hunga petipeti.

Ko ia tokotoru kaipetipeti e wheako ana i ngā kino e hāngai ana ki te mahi petipeti.

Kāorekau he pūkenga, he mahi tinihanga kia toa nui atu ai he moni.

Me mōhio ki ngā tohu

Kua rongō kē i ēnei?

- He whakapau wā, moni nui atu ki tāu i whakarite ai?
- E petipeti nui atu ana kia hoki mai ngā moni i whakangaro atu?
- He takutakunga āu, e huna ana rānei koe i te nui o ngā moni ka whakapaua e koe?
- E rongō ana koe i te ngaukino, āwangawanga rānei mō tāu mahi petipeti?
- E mino moni ana koe?
- He rite tō whakaaro ake mō te mahi petipeti?

Mēnā āe, ko te kōrero ki tētahi tanaga e tautoko ai i a koe.

He nui ngā moni e whakapaua ana ki ngā mīhini petipeti e hiahiatia ana e koe?



Whakakorehia ko koe ake

Nōu te tikanga kia whakakorehia ko koe ake ki tētahi taiwhanga petipeti neke atu rānei ka rite ai tō peka haere atu ki reira mā roto mai i te “whakakorengia-koe ake”.

Ko te tikanga o tēnei ka kore e whakaae ēnei wāhi kia petipeti ai koe mō tētahi wā ka tohua e koe anō. Ka aukati anō hoki pea taua wāhi rā i a koe mēnā rā he āwangawanga tonutanga mō tō oranga.

Kimihia mai tō kairuruku o tō takiwā whakakore whai wāhitanga: multivenuexclusion.org.nz/mve-coordinators

Tautoko utu kore

Ko ngā ratonga tautoko petipeti e whakarato ana he tautoko muna ki te tautoko i a koe me tō whānau/aiga.

Whakarite mai he hui ki te hunga e whai māramatanga ana ki ngā kino o te mahi petipeti, ā, e taea ana te tautoko – me te kore whakawā.

Kimihia mai ngā ratonga utu kore o tō takiwā:

- safergambling.org.nz/support

Te tiwhiringa tautoko

Koia ētahi whakaaro kia tautoko i tāu mahi petipeti kia haumaruru ake:

- Whakaritea mai āu ake here mō te rahi o ngā moni, te wā hoki e whakapaua e koe ki te mahi petipeti.
- Waiho atu ngā kāri pēke ki te kāinga.
- Whakatā ai kia whakawātea ai ō whakaaro..
- Me pono koe ki a koe ake me ētahi atu mō tō mahi petipeti.
- Kōrero atu ki tētahi e mōhiotia ana e koe, e whakaponotia e koe.

Pēhea nei te āhua o ngā mīhini petipeti?

He rorohiko tā ngā mīhini petipeti kia tango moni nui noa atu i tāna e utu atu ai.

Ko ia takahuringa he matapōkere, ā, ka kore āna hononga ki ngā pikitia ka kitea e koe ki runga i temīhini rā. Ka rite ai tō tūpono wikitoria, hinangarānei ki tērā takahuringa nō mua tata tonu ake.

Kāore he hāngaitanga ki te roa o te wā e noho ai koe ki te mīhini rā, ki te kore te mīhini e utua atu ai ko te whakapae ka kore koe e wikitoria.

Me petipeti noa koe i ngā moni e taea ana e koe.