



# Gambling / Petipeti

Adapted from [www.choicenotchance.org.nz](http://www.choicenotchance.org.nz) info and [www.gamblinghelpline.co.nz](http://www.gamblinghelpline.co.nz)

This resource is for people wanting to reduce or stop gambling/petipeti, understand what can support change, and other information and support available.

People who gamble spend time or money taking a risk or a bet on something where the outcome is unknown to them. Gambling impacts people's wellbeing, and that of whānau, friends, and communities.

While gambling and gambling-related harm is common, support is available to people and whānau to reduce or stop. This document provides some strategies to support people in this process.

## Types of gambling

- › Pokie machines.
- › Casino table games like blackjack or roulette.
- › Online casinos, poker, and betting.
- › Card games.
- › Bingo or housie.
- › Sports betting.
- › Horse and dog racing.
- › Lotto or scratch tickets.
- › Raffle tickets.
- › Online fantasy sports.

## Is gambling an issue for you?

- › How often do you bet more than you can really afford?
- › Do you ever go with a plan to win back money?
- › Have you borrowed money or sold something to get cash for gambling?
- › Do you gamble to deal with stress/tāmitanga or to stop feeling lonely?
- › Have your friends or whānau said they think you have a gambling problem?

To find out if gambling is an issue, check out <https://www.safergambling.org.nz/how-much-is-too-much>

If the answers to these questions worry you or those around you, maybe it is time to think about changing your gambling. Seeking support for your gambling can be difficult. Some people feel guilt or shame about their gambling. You don't have to do this alone. Seeking support from your whānau, friends, GP or health professional can help you with your decision to change.

If you feel overwhelmed and want some support with your own or someone else's gambling, call **0800 654 655**, text **8006**, or check out the support options at the end of this document.

## How do I change?

While changing gambling behaviours can be challenging, a three-stage process gives the best chance of sticking to it.

1. Think - about your behaviour.
2. Plan - for the changes you want.
3. Act - on your decision.

Some helpful strategies for each stage are below.

### 1. Think about your behaviour

Some people experience urges to gamble when they are reducing or stopping gambling. The desire to gamble may be triggered by emotional or physical experiences or reactions. Triggers are different for everyone, such as stress, social events, or certain places. Figuring out your triggers helps identify when you are most likely to gamble.

What are your triggers?

- › Money – having or needing more?
- › Access – online gambling or being in places like a betting shop or pub?
- › Time – having downtime that you want to fill?
- › Mood – feeling high or low?

### Managing gambling urges

Gambling urges are a normal part of changing how you gamble. Each time you notice and resist an urge you gain more control.

While you can plan to avoid gambling triggers, you will not be able to avoid them altogether.

You can manage urges by:

- › being aware of urges and triggers to gamble and taking steps to avoid these where possible
- › learning to cope with urges without acting on them to stay in control
- › getting help from gambling support services to learn strategies to get through urges
- › telling friends or whānau about your plans, why this is important to you, and asking them to support you on your journey.

Urges only last a short time. The more you practice managing urges the easier they get. For some people who gamble, urges are a serious problem and can make them feel distressed. You do not have to do this alone. Call the gambling helpline or **0800 654 655** to take the first step.

## Delaying the decision

Delaying the decision to gamble allows time for the urge to pass and feel more in control of your decision.

Take it one day or hour at a time. “Today I won’t gamble and will spend more quality time with my whānau.” Or “Today I won’t gamble and want to stay in control of my choices and spending”.

Relax/mauri tau and focus on staying calm. Take some deep breaths to slow yourself down. Refocus on what you can do now. Say to yourself “I will see how I feel in an hour” then do something else.

## 2. Plan for the changes you want

- › Make a list of the pros and cons of changing. For example, “I will have more money to put towards a whānau holiday and spend more quality time with them”.
- › Talk to someone you trust about your plans.
- › Set realistic goals you can achieve.

## 3. Act on your decision

- › Begin by taking a short break from gambling (even just today) and build on it.
- › Find another activity to do instead of gambling. This might be an old hobby or learning a new one.
- › Remember how bad it feels to lose and educate yourself about gambling.
- › Take out a voluntary self-exclusion order.
- › Give control of your money to someone you trust and make a financial plan. If you have debt, consider talking to a debt counsellor.
- › Contact the Gambling Helpline on **0800 654 655**, text **8006** or see a gambling practitioner. Find a support group or check out the resources below.

## Further support and information

You do not have to do this alone, support from your whānau and friends is a great way to keep you on track. There are also plenty of free support services available.

### Support

- › The Gambling Helpline provides a 24-hour counselling service and specialist services. **0800 654 655** or text **8006**.
  - › Māori Gambling Helpline **0800 654 656**
  - › Pasifika Gambling Helpline **0800 654 657**
  - › Debt Gambling Helpline **0800 654 658**
  - › Youth Gambling Helpline **0800 654 659**
  - › Asian Family Services **0800 862 342**
- › If you speak Chinese, Korean or Japanese this page provides information in your language. | <https://www.tepou.co.nz/initiatives/asian-language-resources>
- › Manaaki ora app by Te Rau Ora and the Centre for Māori Suicide Prevention is a free tool offering guidance and tips on how to self-help or support others going through difficult times. | <https://terauora.com/news/self-help-wellbeing-app-launched-to-support-maori-experiencing-mental-distress/>

## Information

- › Health Navigator NZ offers information, advice, and self-help resources for people having difficulty with their gambling | <https://www.healthnavigator.org.nz/health-a-z/g/gambling/>
- › Choice Not Chance provides support and information for people who may have gambling problems or those worried about someone else's gambling | [www.choicenotchance.org.nz](http://www.choicenotchance.org.nz)
- › To find a gambling practitioner near you, check out the Ministry of Health website | <https://www.health.govt.nz/your-health/healthy-living/addictions/harmful-gambling/find-service-near-you>
- › If you are not ready to talk to anyone just yet, you can get some ideas from the Gambling Helpline | <https://gamblinghelpline.co.nz/resources>
- › For Pasifika community support and information in English, Samoan, and Tongan, Mapu Maia offers free counselling and education | <https://www.mapumaia.nz/>
- › Addiction 101 by Blueprint for Learning is a one-day workshop for everyone designed to increase awareness and reduce the stigma associated with substance use. They offer both online and in-person workshops | <https://www.blueprint.co.nz/workshops/9-addiction-101/>
- › Te Hikuwai – Resources for wellbeing provides information on a range of topics from anxiety, depression, cannabis and alcohol to sleep, stress, relaxation and wellbeing | <https://www.tepou.co.nz/tehikuwai>

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### *Iti nei, iti nei*

**Take smalls steps to achieve your goals**

