

Multicultural
Gambling Harm Prevention



Struggling
with the
effects of
gambling?

Ma ku
heysataa
saameynta
khamaarku?

Multicultural (Dhaqamada badan) Ka hortaga Dhibaataada Khamaarka

Si xun miyuu kuu saameyey khamaarkaagu ama mid qof kale?

Miyaad:

- dhib ku qabtaa maareynta lacagtaada
- ku lumisaa wakhti badan ama lacag khamaarida
- dhib ma kaa heysataa ilaalinta xiriirkaaga guur sababtuna tahay kharashgareyntaada
- lacag ma soo deymataa si aad u khamaarto
- dembiile ma dareentaa ama culeys ku saabsan khamaarka?

Waxaan ku bixinaa taageero bilaash ah luuqad ahaan dadka khamaara, qoysaskooda iyo saaxiibadood.

Adeegyadeena waxaa ka mid ah 1:1 la talinta, taageero u sii gudbinta, online, mid guur guurta iyo daaweynta dabiiciga ah oo koox ahaan loola kulmayo, iyo wax intaas ka sii badan.

Si aad u baratid wax ku saabsan taageerada

Ka wac khadkeena taleefanka **1800 329 192**

ama **email** noogu soo dir:

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**Gambler's
Help**

SSI
settlementservices
international

