



Multicultural
Gambling Harm
Prevention Services

Somali Soomaali

Struggling
with the effects
of gambling?

Dhibaato makaa
heysataa saamaynta
khamaarka?



Qof kale khamaarkiisa adiga ama qoyskaaga saameyn aan wanaagsaneyn maku yeelataay?

Ma:

- dareemeysaa dambiile inaad tahay ama walaac ku saabsan khamaarka?
- waqtii badan ama lacag badan maku bixisaa khamaarka?
- masoo deynsataa lacag si aad ugu khamaarto?

Adeegyada Ka Hortagga Waxyeellada Khamarka ee Dadka Dhaqamada Kala-duwan ee SSI (Multicultural Gambling Harm Prevention Services - MGHPS) waxay taageeraan soogalootiga, qaxootiga, iyo xubnaha dhaqamada kala duwan ee Victoria ku sugar si ay uga gudbaan saamaynta xun ee khamaarka.

Kooxdayadu waxay siisaa taageero luuqadeed oo lacag la'aan ah dadka khamaara, qoysaskooda, iyo saaxiibadood. Adeegyadeena waxa ka mid ah 1:1 latalin, taageero sii gudbin, khadka online ka ah, mobilka, iyo daawaynta kooxeed, adeegyo dawayn oo kale, iyo in ka badan.

Waxaan sidoo kale bixinaa xog iyo wacyigelin ku saabsan saameynta xun ee khamaarka annagoo la kaashanayna ururada bulshada ee dhaqamada kala duwan.

Nala soo xiriir

Si aad wax badan u barato, booqo mareegahayaga ama wac khadkayaga caawinta **1800 329 192** inta u dhaxaysa 9-ka subaxnimo ilaa 5-ta galabnimo, Isniinta ilaa Jimcaha, ama iimayl noogu soo dir **gamblingharmprevention@ssi.org.au**.