

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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