

‘O kapau teke fie talanoa ki ha tokotaha fekau‘aki mo ho‘o keimipilingi, pe fekau‘aki mo ha keimipilingi ha tokotaha ‘oku ke ‘ilo‘i, Teke lava ‘o telefoni ki he:

Gambling Helpline - 0800 654 655
(Ta‘etotongi mo fakapulipuli houa ‘e 24)

Ngaahi sevesi ta‘etotongi ki he palopalema kauniselingi ki he keimipilingi kau ai e:

- Salvation Army Oasis Centres
(Henderson, Otahuhu, Howick, Manukau, North Shore, St Lukes) – **09 846 0660**
- Problem Gambling Foundation – **0800 664 262**
- Asian Hotline – **0800 862 342**
- Pasifika Gambling Helpline – **0800 654 657**
- Māori Gambling Helpline – **0800 654 656**
- Community Alcohol and Drug Service –
09 845 1818
- Hapai Te Hauora Tapui – **09 520 4796**
- Tupu Pacific Mental Health Addictions Service –
09 845 1810
- Raukura Hauora o Tainui – **09 267 2899**

“ Kapau ko koe pe ko ha
tokotaha ‘oku ke ‘ilo‘i ‘oku
hā mai ha faka‘ilonga
‘o e palopalema ki he
keimipilingi ... tokoni ‘oku
mateuteu mai. ”

Gambling Helpline
0800 654 655

Ta‘etotongi mo fakapulipuli houa ‘e 24

**TE KE FIEMA‘U HA
NIMA TOKONI?**



Gambling Helpline 0800 654 655
(Ta‘etotongi mo fakapulipuli houa ‘e 24)



Helping Hand - Tongan

‘Oku hanga ‘ehe SKYCITY ‘o fai fakamātoato‘i hono fatongia ki hono talitali ‘a ‘ene kau ‘a‘ahi: ‘aia ko e me‘a mahu‘inga taha, ‘a e malu mo lelei ‘ene kau kasitomā.

Ki he kakai ‘e ni‘ihi, ko e lulu pe pele pa‘anga ‘oku ne malava ke fakatupu ha ngaahi maumau, kau ki heni ‘a e palopalema fakapa‘anga, loto-tāngia pe faingata‘a‘ia lahi mo e faingata‘a faka e vā.

Kapau ko koe pe ko ha tokotaha ‘oku ke ‘ilo‘i ‘oku hā mai ha faka‘ilonga ‘o e palopalema ki he keimipilingi ... tokoni ‘oku mateuteu mai.

‘Oku ke lotomo‘ua ki ho‘o keimipilingi?

‘O kapau kuo na‘a ke tali e ngaahi me‘a ‘e fa pe lahi hake mei he ngaahi siteitimeni ko ‘eni’, ‘Oku hangehangē ko e keimipilingi ‘oku palopalema kiate koe:

- Taimi ‘e ni‘ihi kuou ongo‘i lotomamahi pe lotomo‘ua hili ha‘aku keimipilingi
- Taimi ‘e ni‘ihi ‘oku ou ongo‘i halaia he founa ‘eku keimipilingi’
- Taimi ‘oku ou fakakaukau ai kiai, oku fakatupu he keimipilingi ha palopalema kiate au
- Taimi ‘e ni‘ihi ‘oku ou ongo‘i ‘oku lelei ke ‘oua e toe tala ki ha taha, tautautefito ki he ‘eku fāmili, fekau‘aki mo e lahi e taimi pe pa‘anga kuou fakamole’
- Lahi e taimi ‘oku ou fakatokanga‘i ko e tuku ‘eku keimipilingi ‘ihe taimi ‘oku ou ongo‘i ai teu hala ia mo e pa‘anga.
- Lahi e taimi ‘oku ou ongo‘i ai e loto keu toe foki ki he keimipilingi ke toe ma‘u mai e me‘a kuo mole mei he ngaahi sesoni kuohili’
- Kuou ma‘u e ngaahi fakaanga fekau‘aki mo ‘eku keimipilingi he kuohili’
- Kuou fa‘a feinga keu ma‘u mai ha pa;anga ke totongi ‘aki ‘eku mo‘ua’

‘Oku ke hoha‘a ki ha keimipilingi ha tokotaha kehe?

‘E ala ke palopalema e keimipilingi ki ha tokotaha kapau:

- Ko e fakamole ‘oku lahi ange he me‘a ‘oku ne ma‘u
- Ko e lahi e taimi kuo fakamole ki he keimipilingi
- Vakai ki he keimipilingi ko ha founa ke mavahe ai mei he mo‘ua
- ‘Oku ke toutou nō pa‘anga ke totongi‘aki e ngaahi fakamole angamaheni
- Kamata ke fakatau atu e ngaahi me‘a taautaha ‘hangē ko e TV, sitiuliō pe sueli
- Kamata ke toe tokanga ange ki he pa‘anga
- Kamata ke toe tokanga ange ki he fetitu‘u ‘oku ‘iai mo e hā e me‘a ‘oku fai
- Kamata ke ma‘u kaati kuletiti fo‘ou
- Kamata ke fakamama‘o mei he kakai (‘oku ‘iai e mo‘ua pa‘anga meiate kinautolu)
- Mole e fiema‘u ki he ngaahi ‘ekitiviti fakasosiale, fakafisi ki he fakaafe ‘oku nau fa‘a tali.

FAKATAPUI FAKANGATANGATA ‘O KITA

‘I he fakakau atu ki he tokoni mei he ngaahi kautaha ni’, ko koe pe ko ha tokotaha ‘oku ke ‘ilo‘i ‘oku ke loto e kau ki he polokalama ‘a e SKYCITY ki he tapui fakangatangata ‘o kita. ‘I he polokalama ni, ko e kasitomā tene lava ke pole‘i ‘o kole ke ‘oua ‘e toe faka‘atā mei he kotoa e SKYCITY kasino ‘i Nu‘u Sila ni ‘i ha ta‘u ‘e taha. Sio ki he SKYCITY pepa fakamatala ‘o e Fakatapui Fakangatangata ki ha toe fakamatala.