

# Online gambling - staying on-guard



Tips to keep your online gambling just for fun.

Asian Family Services  
www.asianfamilyservices.nz

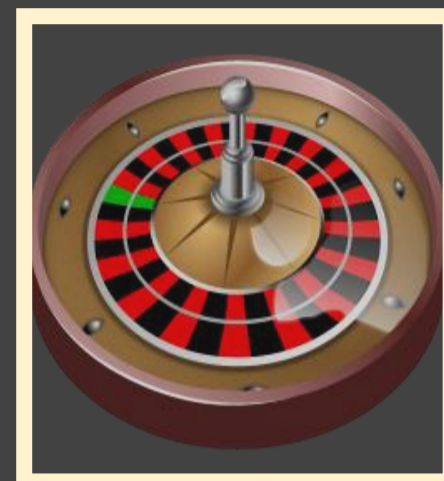


## Set yourself a limit:

- It's easy to zone out when you're gambling. Set yourself a time limit to play online games, apps and social media games. Stick to it.
- Set a gambling budget, and stick to it. The money you spend can quickly add up.
- If you find yourself trying to win back money that you've lost, it's a sign that things may be getting out of control.

## Use technology to help you

- Lotto NZ offer ways to limit your spending. You can set your spending limits online in your account settings, block yourself from online games or exclude yourself from purchasing Lotto games in retail outlets.
- TAB allows you to set limits on spending through your account dashboard, and a range of other options to manage your gambling.
- If you feel you're spending too much time on an app or website, remove your credit card details and/or uninstall the app. You could also use an app like Betblocker or Gamban to block access to online gambling websites.
- Keep an eye on the games your kids are playing. There's a blurry line between gaming and online gambling. Be careful to not let them rack up huge bills by buying in-app purchases.



## Take breaks

Balance your time spent online with other activities like going for a walk, cooking a meal, or chatting with friends.

## Talk it out

- Talking to someone close to you about what you are doing online can help to give you a reality check.
- If your gambling feels like it could get out of hand, then there are lots of free ways to get help.



## Asian Family Services - ASHA

Need help? Call us on 0800 862 342 and press 6 for the Hindi language. It's free and confidential. Asian Helpline operates from 9am to 8 pm, Monday to Friday  
Languages available: English, Mandarin, Cantonese, Korean, Japanese, Thai, and Vietnamese.

Resource Acknowledgement: Health Promotion Agency: Online gambling-staying on-guard. Choice not chance [www.choiceofchance.org.nz/understand-gambling/online-gambling](http://www.choiceofchance.org.nz/understand-gambling/online-gambling)



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