What is Gambling?

To gamble is to play games of chance for money often at high stakes and to take risks in the hope of substantial gain.

Did you know?

In New Zealand, the legal age to gamble in a casino is 20 years of age. To gamble on other Electronic Gaming Machines outside of casinos is 18 years of age. Under age gamblers will be prosecuted and will not be paid out if they win.

Why are some Asian young people more at risk of problem gambling?

Common problems faced by Asian young people include:

- Loneliness: moving to a new country
- Relationship difficulties resulting from language barriers
- Problems associated with adjusting to New Zealand culture
- Loss of cultural identity
- Unemployment, and stress at school or work.

Some of these students gamble as an escape from their problems. And they often say...

- "Gambling is fun and exciting"
- "I might win money"
- "It gives me something to do"
- "I don't have to think about my problems"
- "I can do it on my own"

And many other students who refuse to gamble say...

- "I might lose too much money"
- "I might become addicted and unable to stop"
- "I don't have enough money"
- "I don't want to think about my problems"
- "I'd rather be doing something else"
- "I don't need anything"

Problems associated with gambling include:

- Financial problems
- Relationships issues
- Legal issues
- Health problems
- Legal issues

Winnings from gambling will be preserved, and not be paid out to them. Gambling is illegal outside of casinos for those under 18 years of age. To gamble on other Electronic Gaming Machines is illegal in a casino.

What is Gambling?
Remember:
excessive gambling harms yourself and your family.

We are here to help and not to judge.

Please call:

0800-862-342 (0800 TO BE HAPPY)

Email: asian@pgfnz.co.nz

You can just ring for a chat and find out some information, without feeling too serious.

Excessive gambling hurts yourself and your family.

We understand you well. We have professional counsellors and social workers who speak plain English.

Why contact the ASIAN SERVICES?

1. Minimize gambling related losses:
   - keep track of gambling
   - keep gambling to a minimum

2. Improve your mental health:
   - improve your thinking
   - feel more positive
   - feel less depressed
   - feel less stressed

3. Improve your personal development:
   - keep healthy habits
   - keep feeling relaxed
   - keep learning new skills

Example:

In my mind, I feel...

"Everything is too stressful for me"

"I feel hopeless and depressed"

"I am worthless"

"I keep forgetting things. I do not know who I am any more"

Is this familiar to you or someone you know?

What can you or your friend do to change?

Many people who choose to stop gambling:

- Avoid going near gambling venues
- Ask gambling venue to ban you from gambling
- Seek help and talk to someone you trust:
  - School Teachers
  - School Counsellors
  - Parents
  - GP
  - Helping Professionals (Asian Services of Problem Gambling Foundation – they can really help you make plans and make giving up gambling a success).

Social/Personal Development - due to constantly having no money, borrowing and not repaying money, getting money from wherever you can and feeling bad about doing it.

Avoid and hide from people you owe money to, and they get angry with you.

Lose interest in things you have enjoyed, everything becomes boring (except gambling).

Stop hanging out with friends.

Perform poorly at school (including truancy, truanting from school).

Feel depressed with thoughts of hopelessness.

Start thinking that you’re worthless.

Lose track of time.

Feels like a trance like state.

Memory black out.

Feeling like a different person and of being outside of oneself.

Example:

In my mind, I feel...

"Everything is too stressful for me"

"I feel hopeless and depressed"

"I am worthless"

"I keep forgetting things. I do not know who I am anymore?"

This pamphlet is prepared by

The Asian Services, Problem Gambling Foundation

and funded by The Problem Gambling Committee -- Chinese
Remember: excessive gambling harms yourself and your family. We are here to help and not to judge. Please call 0800-862-342 (0800 TO BE HAPPY).

Email: asian@pgfnz.co.nz

You can just ring for a chat and find out some information, without feeling too serious.

Other issues:
- Alcohol abuse
- Tobacco-related problems (second-hand smoking)
- Stress-related symptoms.

Gambling can have a negative effect on mental health:
- Start feeling stressed out
- Feel depressed with thoughts of hopelessness
- Start thinking that you're worthless
- Lose track of time
- Experiencing a trance like state
- Memory black out
- Feeling like a different person and of being outside of oneself.

Example:
- In my mind, I feel…
  - Everything is too stressful for me
  - I feel hopeless and depressed
  - I am worthless
  - I keep forgetting things, do not know who I am any more
  - I am worthless
  - I feel hopeless and depressed
  - Everything is too stressful for me
  - In my mind, I feel...

Social/Personal Development - due to constantly having no money, borrowing and not repaying money, getting money from wherever you can and feel stinky/bad about doing it, avoiding and hiding from people you owe money to, and losing interest in things you have enjoyed, everything becomes boring (except gambling)

Avoid and hide from people you owe money to, and they get angry with you

Lose interest in things you have enjoyed, everything becomes boring (except gambling)

Stop hanging out with friends

Hard to explain what's happening to you

Perform poorly at school (including truancy)

Can this familiar to you or someone you know?

Many people who choose to stop gambling:
- Avoid going near gambling venues
- Ask gambling venue to ban you from gambling
- Try other alternative activities, such as sport, work out at the gym, home study, go to a movie/library, beach, or park, take up a creative interest, visit friends, talk or call family and friends.

Seek help and talk to someone you trust:
- School Teachers
- School Counsellors
- Parents
- GP
- Helping Professionals (Asian Services of Problem Gambling Foundation – they can really help you make plans and make giving up gambling as a success).

Why Contact the Asian Services?

We understand you well. We have professional counsellors and social workers who speak plain English (Mandarin or Cantonese) or your language. We consider and respond to requests to translate and different cultural backgrounds. We understand you well. We can help professional counsellors and social workers. You can contact the Asian Services.

What can you or your friend do to change?
- Many people who choose to stop gambling:
  - Avoid going near gambling venues
  - Ask gambling venue to ban you from gambling
  - Try other alternative activities, such as sport, work out at the gym, home study, go to a movie/library, beach, or park, take up a creative interest, visit friends, talk or call family and friends.
  - Seek help and talk to someone you trust:
    - School Teachers
    - School Counsellors
    - Parents
    - GP
    - Helping Professionals (Asian Services of Problem Gambling Foundation – they can really help you make plans and make giving up gambling as a success).