

*“The Salvation Army provides the perfect environment to **help people discover the reason** for their gambling behaviour. They **gave me the tools** to find answers and suggested ways to regain control.”*

## Our service

The Salvation Army’s integrated approach motivates and empowers people affected by gambling and associated problems to make positive choices for a healthy lifestyle.

We provide free and confidential support, education and counselling for those affected by gambling harm, as well as their family members/affected others.

Our centres are staffed by qualified case workers with expertise in supporting people with gambling-related problems.

We network with other specialist services and self-help groups so our clients can have access to:

- ongoing group support
- cultural support
- spiritual support
- relationship and other counselling
- legal, financial and budgeting advice.

Our service is for anyone who is concerned about their own gambling, or someone else’s.

*“One thing **The Salvation Army helped me** with is that problem gambling is nothing to do with your education or background —**it can happen to us all.**”*

*“It’s helped me understand why my partner developed such a problem before I found out. **I hope others get help** before they lose everything like I did.”*

*Worried your gambling is getting **out of control**?*

*Spending time and money **you can’t afford**?*

*Is gambling ruining your life but you can’t see how to **stop**?*

## The Salvation Army aims to help you:

- understand underlying reasons contributing to harmful gambling
- stop or reduce the frequency of harmful gambling
- develop strategies for harmful gambling behaviour
- tackle related issues that may also cause harm or damage
- have a productive, healthy life without harmful gambling.

## Is someone else’s gambling harming you and those around you?

Our staff are skilled in helping those who need support for themselves as well as those who want to understand and support a problem gambler.

## Contact Us

**We provide free and confidential support in:** Auckland, Hamilton, Tauranga, Rotorua, Masterton, Wellington, Christchurch, Dunedin and surrounding areas.

call **0800 53 00 00**  
or visit **salvationarmy.org.nz/oasis**

*I don’t know **who** to turn to*

*If gambling is a problem **we are here to help***

Caring for people, transforming lives and reforming society

A free and confidential service



Te Ope Whakaora

# Oasis

Reducing Gambling Harm

## Do I have a gambling problem?

- Sometimes I've felt depressed or anxious after a session of gambling
- Sometimes I've felt really guilty about the way I gamble
- When I think about it, gambling has sometimes caused me problems
- Sometimes I've found it better not to tell others, especially my family, about the amount of time or money I spend gambling
- I often find that when I stop gambling I've run out of money
- Often I get the urge to return to gambling to win back losses from a past session
- I have received criticism about my gambling in the past
- I have tried to win money to pay debts

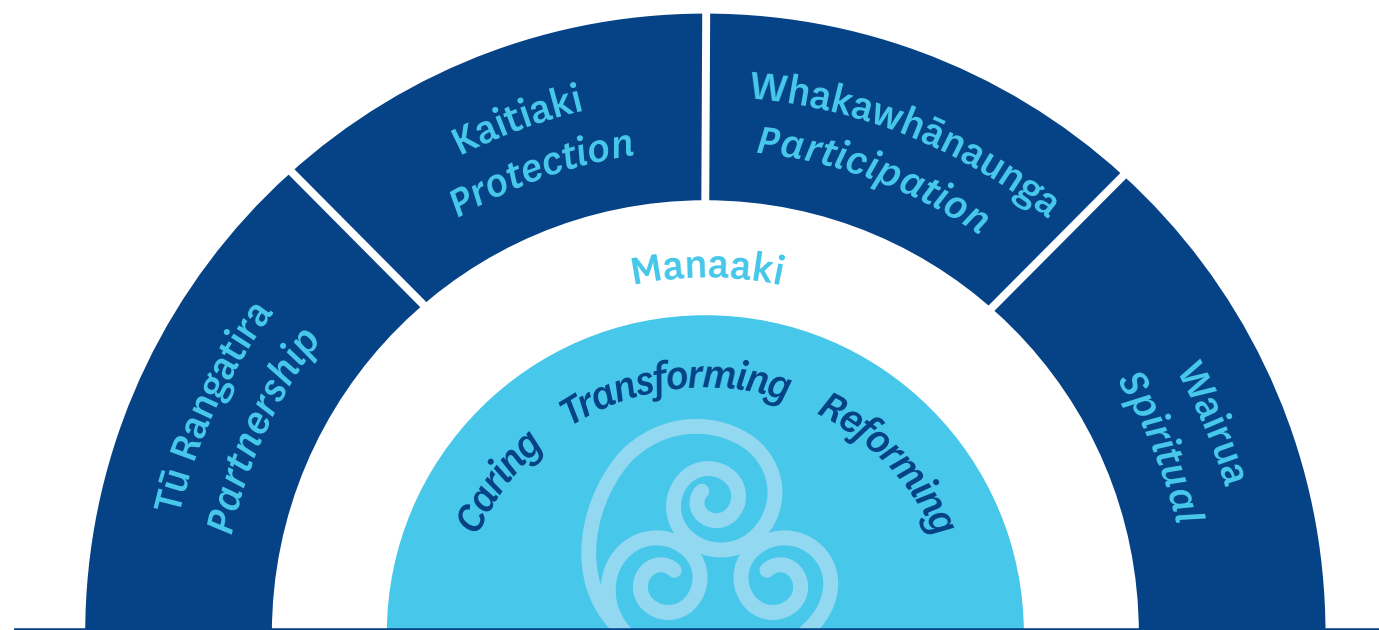
If you answered **yes to 4 or more** of these questions or have concerns about your gambling, contact us for a free and confidential assessment. (This self-test is not a diagnosis and doesn't replace a face-to-face interview.)

By Sean Sullivan, PhD; ABACUS Counselling, Training and Supervision (NZQA Registered)

## Is someone else's gambling harming you and those around you?

The impact from gambling harm can be hard on partners, family and friends. Our staff are skilled in helping those who want to understand and support a problem gambler.

## Te Ara Whakaora: the Path to Wellness



### Tū Rangatira

The practice of leadership, in partnership and in service to others. Tū Rangatira informs self determination and the ability to make good choices.

### Kaitiaki

Enhances the sense of personal responsibility and care for the continued wellbeing of people, family, community, land and creation.

### Whakawhānaunga

Building relationships based on reciprocity and participation. Understanding the rights and responsibilities in relationships.

### Wairua

Affirming that mind and spirit are the fabric of individual and community wellbeing. Wairua enhances dignity, respect, identity, contentment and connection with others.

## Supporting your wellness journey

Understanding gambling harm

Planning a way forward

Working together on your path to wellness

Support with other services that can help

Keeping in touch to prevent relapse

Harmful gambling, uncertain, lonely, anxious, in debt, health and legal problems, work/relationship problems

Aware of gambling harm, motivated to change, open minded, problem solving, positive behaviours, healing, gaining control, growth

Self-aware, spontaneous, connected, intimate relationships, resourceful, recovery