

*I don't  
know **who**  
to turn to*

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

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?



Te Ope Whakaora

# Oasis

Reducing Gambling Harm

Free and confidential support  
for you and your whānau

visit [salvationarmy.org.nz/oasis](https://salvationarmy.org.nz/oasis)

call **0800 53 00 00**