

# Tatou Talanoa



Having that first conversation about gambling can be scary. If you're worried about your gambling or someone else's, try to talanoa with someone you trust or reach out to one of our confidential, **FREE** support services. We're here to offer you guidance and support.

Contact your gambling support service

Call the Gambling Helpline anytime on **0800 654 655** or free text **8006**  
Visit us at **[safergambling.org.nz](https://safergambling.org.nz)**