

Gembling aur pōkiz: Kaha pe maddat mīli



Gembling aur pauka masīn (pōkiz) sake hanikarak rahe, jis se insānlong sake apan rakhal paisa aur rista khoe de. Ulong aise banawal he ki āp khelte raho aur ṭhoṛa hi samae me dher paisa khoe do. Hīa pe kuch sujhao he jon āp sakta he amal me lāe agar āp ya koi jis ke āp janta he gembling se sangharsh kare he.



Koi dost ya parwār ke sadas se bāt karo. Sanghe tumlong sakta he rasta aur sahaeta khoje: www.gamblinghelponline.org.au/helping-others.



Apan desh ke liaezon ofisa jon Aṣṭrelia me he bhasha aur sanskrit sahara ke khatin: www.palmscheme.gov.au/contact.



24 ghanta, 7 din hapta me Gembling Help Onlāin ke kontekṭ karo 1800 858 858 ya ulong ke onlāin cheṭ ya fri SMS kaunsiling sewa ke istmāl karo: <https://www.gamblinghelponline.org.au/>.

Āp laiḥlāin ke websaiṭ pe gembling sapoṭ sebis sakta he pāe: <https://toolkit.lifeline.org.au/topics/problem-gambling/support-services-for-gambling>.



Komiuniṭi Konekshans ke pratinidhi ke sampark karo apan ilaka me sapoṭ netwok khoje ke: www.palmscheme.gov.au/contact.



Āp Aṣṭrelia me kaise mansik swast me sakta rahe uske bare me ek anuwad karal fektshīt sakta he hīa pe khoje: www.palmscheme.gov.au/resources/mental-and-physical-health.



Agar āp ek PALM skim karamchari he aur āp ke swast pe asar he, to **PALM skim sapoṭ sewa lāin 8.30am se 6.30pm AEST tak 1800 51 51 31 pe uplabd he.**

Konchi sahi he uspe dheyan rakho

Khiyal karo kon laksye raha jon āp ke āṣṭrelia leke āis he aur u sab chiz jon sab jada sahi he āp ke – āpke parwār ke, gao ke, āp ke biswas aur ummīd ghare lauṭe ke. I thīk he ki sahi disha pe rah eke khatin āp maddat mang lo.