

Key Messages – Alert Level 2

These key messages are used in the COVID-19 response Choice Not Chance — 'Staying Safe and Staying Connected' promotion. You are welcome to pick and mix from these and use however works best for you, and adapt them to suit your local communities.

You've had a break from gambling at the pokies or TAB for more than 40 days – that's a great achievement!

You might be feeling anxious or worried coming out of lockdown? These feelings are all OK, and normal. There are simple things you can do to keep gambling safe for you and your whānau after lockdown, and there are free local services to help you with this too.

If you've valued the break from gambling and are keen to 'lock in those gains', it's important to make a plan – your **free local services** can help you with this, and share ideas for getting through:

- Make a goal, whether it's setting a limit on time and money spent, or staying away from gambling venues. Sharing your goal with trusted whānau and friends can help you stay on track.
- Remember how far you've come. Continue to do the fun things that worked for you and your whānau during lockdown – connecting with each other, your culture and your environment.
- You can also keep your break from gambling going by excluding yourself from a gambling venue –

you can do this with the venue directly, or you can contact a **free local service** to help you.

- What things might get in the way of your goal? You have done amazingly well and don't want to trip up. Brainstorm the urges/triggers that might make you gamble. Make a plan for how you'll deal with them. For example if you're wondering if you might be tempted if you see the pokies, don't take that chance - plan a new route to work or walk past with your whānau. Invite friends to hang out at your place instead of your local.
- Involve your whānau/friends. It's a good idea to tell your whānau or friends about what you are wanting to do, so they can support you. Tell someone you trust that you're trying to cut back or quit gambling. Ask if you can text or give them a call when you're feeling tempted. Spend time with those people you love.
- Manage your money: You may feel that lockdown gave you a chance to get your money in order or it may have put some extra strain on finances. Now's a good time to ensure you don't spend more than you can afford. Set up automatic payments for all your

bills. Make a budget that works for you and your whānau. If you are wanting to go to a venue but are concerned about overspending – decide your limit, take only the money you are comfortable spending and leave eftpos cards at home.

- Unsubscribe from gambling apps, and emails from Lotto and the TAB.

Related webpages

[Choice Not Chance, Controlling gambling](#)

[Choice Not Chance, Services near you](#)