

# Gambling Harm Awareness Week

**choice**  
**NOT CHANCE**



*It's been a tough year,  
look after yourself.*

Get **FREE Counselling Sessions**  
if you're concerned about your own  
or someone else's gambling.

**Counselling is local, confidential, and professional.**

Visit [choicenotchoice.org.nz/help](https://choicenotchoice.org.nz/help) to find a service near you.