

# A MESSAGE ABOUT GAMBLING FROM IRENE NANGALA



At times we need help. Problem gambling can cause much trouble in a short time for many people.

Nganana tjunguku apamilantjaku katatjarra nyaatjanya tjarra waltja kutupa pikirripayingka mani wiyaningka

If you or someone in your family is hurt from gambling addiction  
Ngurra ngaranya nyuntunya alparnilantjaku nyantu

There are places you can go for help. You can start by  
Nyinarra wakama nyuntupa malpawananyuntunya alpamilatjaku

Talking with your local support services to get advice and  
Kantjulamilantjaku wiya yarra nyaakuntjaku nyantupa waarrkarripanyi

Counselling or go straight to the services that offer Specialist help for gambling addictions.

Tjana nyuntunya alpamilaku kiaata kutu wanani

Financial counsellors will help you to learn and plan to  
Financial tjana tjutulku

safeguard and manage money.  
Safe guard anta manage money.



Waltja Tjutangu Palyapayi