INGXAKI YOKUNGCAKAZA?
(PROBLEM GAMBLING?)

- Ukhe wangcakaza ngaphezu kwexesha obulibekele ukungcakaza?
- Ukhe wangcakaza wade wagqiba yonke imali yakho?
- Ungcakazo lwakho lukwenza ungalali?
- Ukhe wasebenzisa umvuzo wakho okanye imali yakho oyilondolozileyo ekungcakazeni ungekawabhatali amatyala?
- Uzenzile na iinzame ezingaphumelelanga uzama ukuyeka ukungcakaza?
- Ukhe wophula umthetho okanye wazama ukophula umthetho uzama imali yokungcakaza?
- Ukhe waboleka imali uzokungcakaza?
- Ukhe wanomoya ophantsi okanye iingcinga zokuzibulala ngenxa yelahleko yakho ngokungcakaza?
- Ukhe wazisola emva kokungcakaza?
- Ukhe wangcakaza uzama ukuncedisana namatyala akho?

UKUBA UPHENDULE EWE KOMNYE OKANYE KWEMINYE YALEMIBUZO, UNGANAYO INGXAKI YOKUNGCAKAZA

UKUBA KUNJALO, UKHE WACINGA NGOKU —

- Tsalela umnxeba kulenombolo ingahlawulelwayo **yamaxesha onke** yakwa National Responsible Gambling Programme's **ethi (0800 006 008)** apho uyakufumana khona uncedo olungahlawulelwayo kubantu abaqeqeshelwe ukuncedana nabantu okanye bakuthumele kwabanye abantu abaqeqeshiweyo abakufutshane nawe, abancediswa ngezimali ngabecandelo lokungcakaza?
- Cela abomzi wokungcakaza, umzi wokubheja amahashi, ukuba baku khuphele ngaphandle kwezizindlu zokungcakaza?
- Buza abe Bhodi yase Mpuma Koloni yezokungcakaza noku bheja(the Eastern Cape Gambling and Betting Board) ukuba bayalele bonke abanelayisenisi

yokungcakazisa bangakungenisi kulomaziko okungcakaza kulo lonke elase Mpuma Koloni, okanye ucele i Bhodi, ungabhatelanga nto, ukuba bahambise isicelo sakho kuzo zonke izixeko, ukuba ufuna njalo?

NANGONA ABANELAYISENISI BANGAWATHATHA AMANYATHELO OKU KHUPHELA NGAPHANDLE, ISIGQIBO SOKUYEKA UKUNGCAKAZA SESAKHO.

UKUBA NGUMNTU OMAZIYO, UMYENI WAKHO, UNKOSIKAZI WAKHO, OKANYE UMZALI—

?? Ongcakaza njalo, ukuze abo bajonge kuye, balahlekelwe yindawo yokuhlala okanye ukutya: okanye

?? Onomkhwa wokungcakaza njalo; okanye

?? Oshiya abantwana abaneminyaka engaphantsi kweshumi, bodwa ixesha elida lomzuzu engcakaza,

Ungakwazi ukufaka isicelo kwi Bhodi yase Mpuma Koloni yezokungcakaza nokubheja, ukuba lowo mntu afumane uphuma aphele kuzo zonke izindlu zokungcakaza nokubheja kwelase Mpuma Koloni.

AMACEBISO OKUTHINTELA INGXAKI YOKUNGCAKAZA

?? Thatha isigqibo semali ozakuyisebenzisa. Phelela kwesosigqibo.

?? Sukuzama ukubuyisa ilahleko yakho. Inganyuka ilahleko yakho

?? Cacelwa ukuba udlala kangaphi na, udlala ixesha elingakanani na.

?? Xa uphumelela thabatha ikhefu. Cinga ngexesha elifanelekileyo lokuyeka.

?? Khumbula ukuba ukungcakaza kukuzonwabisa. Asiyondlela yokuzityebisa masinyane okanye ukubhatala amatyala akho.

?? Ungalibali ukuba ukungcakaza ngumdlalo wethutyana. Akukho migaqo, zibalo okanye amayeza okuphumelela.

EMINYE IMIBUZO NCEDA NXUBELELANA:

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