

# Keeping Safe from Online Gambling

Online gambling is a growing activity in the world. Unlike local gambling outlets, New Zealand has no laws that protect us from gambling products created overseas and available to us online.

There is no guarantee that you will get your money out once you have put it in, there is no guarantee that you are playing with a real person and the algorithms are designed for the site owners to make a profit. Although some sites offer the ability to self exclude from the gambling site, these are not always honoured and do not prevent push notifications to your devices.

Below are some tips on what you can do to keep safe online.

## Social Media

Sometimes ads for online gambling can slip through the algorithms of the big social media platforms, so we've put together some guides on how to reset what ads you see on social media.

[More Info >](#)

## Gamban

Gamban is an easy to use app that blocks online gambling on all of your devices, offering a secure, reliable, and affordable option to stay away from gambling sites and apps.

[More Info >](#)

## Bet Blocker

BetBlocker is a free tool to help control your gambling. Install it on as many devices as you like and it will block access to over 12,000 gambling websites.

[More Info >](#)

## Online Gaming

Many "free-to-play" games, apps and websites offer simulated gambling can be entertaining. But despite their name they could still cost you time and money.

[More Info >](#)

## Podcasts

The *Not a Dollar More* podcast is a free series for people who are worried about their gambling, or who want to know more about the problems gambling can cause.

[More Info >](#)

## Counselling and Support

Our free, confidential counselling service is available in person as well as via live chat, phone and email.

[More Info >](#)



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