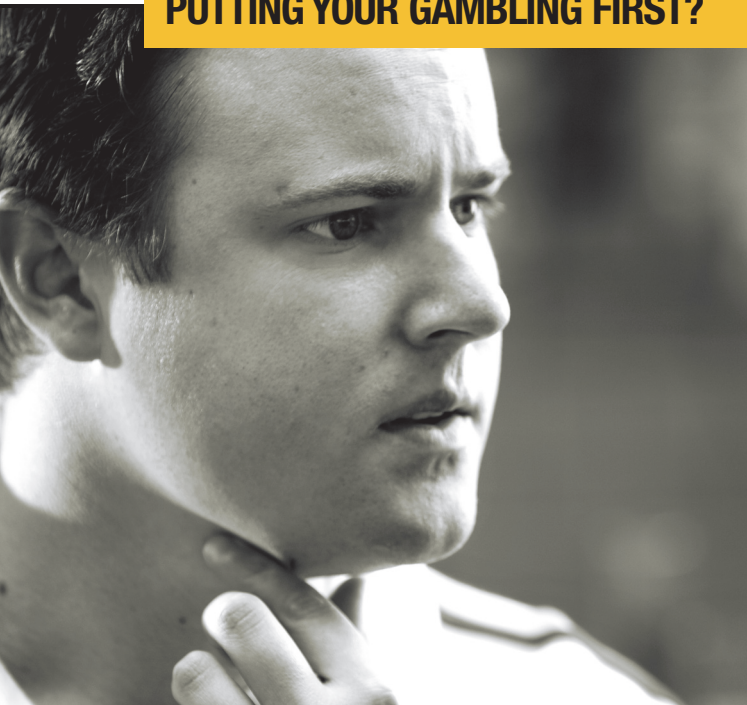


## PUTTING YOUR GAMBLING FIRST?



- DO YOU THINK ABOUT GAMBLING MOST DAYS?
- DO YOU TRY TO WIN BACK YOUR LOSSES?
- DO YOU HIDE YOUR GAMBLING FROM PEOPLE?
- DO YOU SPEND MORE TIME OR MONEY THAN YOU CAN AFFORD?
- DO YOU GAMBLE ALONE?
- HAVE YOU DECIDED TO STOP GAMBLING, BUT CAN'T SEEM TO ACTUALLY DO IT?

If in answering these questions you have recognised that you, or someone you know, may be heading towards a gambling problem, read overleaf to find out more about a few things you should do.

## STEP 1 – DEVELOP A PLAN TO CONTROL YOUR GAMBLING

There are a number of practical steps you can take to control your gambling.

**SET LIMITS AND STICK TO A BUDGET**

**KEEP A DIARY OF YOUR GAMBLING**

**LIMIT YOUR CASH AND GAMBLING TIME**

**BUY SMALL AMOUNTS OF CHANGE**

**DON'T MIX DRINKING AND GAMBLING**

Once you've developed your plan, **TELL SOMEONE** about it and encourage them to help you stick to it.

## STEP 2 – FIND OUT MORE

Visit [www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au) for more information, including the self-help booklet 'You can control your gambling'. Alternatively, you can find out more by accessing self help materials at venues.

## STEP 3 – SEEK HELP

Call Gambler's Help on 1800 156 789.

If your plan to control your gambling isn't working, do something about it. You can arrange a confidential counselling session through Gambler's Help, or talk to a financial counsellor about strategies to control your spending.

You can also arrange with your local gaming venue to be excluded from entering the premises. To arrange exclusion please contact of the venue directly.

**GAMBLER'S HELP™ 1800 156 789**

**THINK OF WHAT YOU'RE REALLY GAMBLING WITH**

[www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au) 24 HOURS 7 DAYS Free & Confidential



Hearing impaired only should call TTY 1800 777 706  
A Community Support Fund Initiative