

HEADING TOWARDS A GAMBLING PROBLEM?

YOUR NEXT STEP IS EASIER THAN YOU THINK.

VISIT WWW.PROBLEMGAMBLING.VIC.GOV.AU FOR MORE INFORMATION.

CONTACT GAMBLER'S HELP TO GET SELF-HELP INFORMATION.

RING GAMBLER'S HELP TO TALK TO SOMEONE.

MAKE AN APPOINTMENT TO SEE A COUNSELLOR.

ASK ABOUT HOW YOU CAN ARRANGE TO EXCLUDE YOURSELF FROM A GAMBLING VENUE.

At Gambler's Help, you can talk to trained experienced people who understand how easily the warning signs can escalate into a gambling problem. They will help you identify the potential for a problem, and establish an approach to prevent your gambling behaviour affecting you and your family.

Many people have resolved their gambling problems with Gambler's Help. The hardest part is taking the first step. The rest is easier than you might think.

GAMBLER'S HELP™ 1800 156 789

THINK OF WHAT YOU'RE REALLY GAMBLING WITH

STARTING TO PUT YOUR GAMBLING FIRST?

DO YOU THINK ABOUT GAMBLING EVERY DAY?

DO YOU HIDE YOUR GAMBLING FROM OTHER PEOPLE?

DO YOU GAMBLE ALONE?

DO YOU SPEND MORE TIME OR MONEY THAN YOU CAN AFFORD?

DO YOU EVER BORROW MONEY TO GAMBLE?

DO YOU LET BILLS GO UNPAID?

IS GAMBLING AFFECTING YOUR ROLE AT WORK OR AS A PARENT?

If this sounds familiar, you may be heading towards a gambling problem.

Gambler's Help Line: 24 hours a day, 7 days a week
Hearing impaired only should call TTY 1800 777 706
A Community Support Fund Initiative





THE AFFECTS OF GAMBLING CAN BE FAR REACHING

OFTEN PEOPLE DON'T RECOGNISE THE WARNING SIGNS

Gambling doesn't usually start out as a problem - for most people it begins as a fun and social activity.

PERHAPS YOU'RE NOT SURE IF YOUR GAMBLING IS A PROBLEM OR IF YOU NEED TO DO ANYTHING AT THE MOMENT...

MAYBE YOU'VE TRIED A FEW TIMES TO CUT BACK AND YOU'RE WONDERING WHAT TO DO NEXT...

IT IS IMPORTANT TO REMEMBER THAT THERE IS SOMETHING YOU CAN DO ABOUT IT.

Information is available to help you identify the warning signs and provide practical strategies to limit your gambling time and how much you spend. Speaking to a trained professional about your situation can also help.

Don't let gambling become a problem in your life.

If your gambling gets out of control it can become a problem that impacts on your life in many ways.

EMOTIONALLY - it doesn't feel good when your gambling is out of control. Having to lie to friends and family to hide your gambling can leave you feeling isolated and alone.

FINANCIALLY - when gambling gets out of control, it can lead to financial difficulties. Chasing your losses and borrowing money will only worsen your financial situation. It can also make the drive to gamble even stronger.

WORK - work performance suffers when you're thinking about gambling or worrying about losses, debts and lies. Sometimes you feel so bad you can't go to work, or you gamble instead of working.

FAMILY - your gambling can affect your relationship with your family through increased stress, spending time at gambling venues rather than at home, and financial strain.

SOCIAL LIFE - people with gambling problems have little time for socialising and often lose friends.

LEGAL ISSUES - gambling problems can lead to theft or embezzlement, often resulting in police charges or dismissal from jobs.

GAMBLER'S HELP SERVICES

Gambler's Help provides a range of information to help you take action. They offer free and confidential services including:

IMMEDIATE TELEPHONE HELP

You can call 24 hours a day, 7 days a week.

INDIVIDUAL COUNSELLING

You can meet with a professionally trained counsellor face-to-face either on a one-off basis, or for ongoing support.

COUPLE AND FAMILY COUNSELLING

You may want to have the support of friends or family. Or if someone else's gambling is affecting you, we can help.

FINANCIAL COUNSELLING

We can help you sort out your financial problems.

SUPPORT GROUPS

We can help you find support groups with other people going through the same problems.

COMMUNITY EDUCATION

We can help with speakers and information for community groups.



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www.problemgambling.vic.gov.au