

THINK!

ABOUT

GETTING

HELP

GAMBLING MORE,

ENJOYING IT LESS?

MOST PEOPLE GAMBLE AT ONE TIME OR ANOTHER. IT MAY BE ON POKER MACHINES, AT THE TAB, ON THE LOTTERIES OR AT THE CASINO. FOR MANY PEOPLE, GAMBLING IS FUN, ENTERTAINING AND CAUSES NO HARM.

HOWEVER, WHEN GAMBLING STOPS BEING FUN IT CAN BECOME A PROBLEM. GAMBLING MAY BE COSTING YOU NOT ONLY FINANCIALLY, BUT ALSO EMOTIONALLY AND IN RELATIONSHIPS YOU CARE ABOUT.

ASK YOURSELF SOME SERIOUS QUESTIONS

If your gambling is making you stressed or anxious ask yourself the following questions to find out if you are having problems with your gambling.

- Am I losing control of how much I spend on gambling?
- Is the time and money I spend gambling hurting myself or others?
- Am I trying to win back money I've already lost by continuing to gamble?
- Is my gambling making me feel guilty, anxious or depressed?
- Am I thinking about gambling every day or lying about it to others?

SPEAK TO SOMEONE

Okay, so you answered yes to one or two questions and think you may have a gambling problem. But it's not too late to turn things around.

Speaking to someone may help you.

“ I WAS SO DISTRESSED AND LOW WHEN I RANG AND THE COUNSELLOR WAS SO LOVELY AND NON-JUDGMENTAL... IT WAS A VERY POSITIVE EXPERIENCE. ”

GAMBLING HELP

1800 858 858

MAKE A SMART MOVE

You can get info and help by contacting Gambling Help, a service that assists problem gamblers and their families in NSW.

- There are **free** face-to-face Gambling Help counselling services across NSW. To find one near you call **Gambling Help on 1800 858 858**.
- Gambling Help is a confidential phone service that provides information, advice and referrals. It operates 24 hours a day, seven days a week. You won't be charged if you call from a landline – in fact, the number won't even show up on your bill.
- Online counselling is also available from the Gambling Hangover website at **www.gamblinghelp.nsw.gov.au**

Gamblers Anonymous (GA) is a group of problem gamblers who get together to offer mutual support. You can find out details of GA meetings by ringing Gambling Help on 1800 858 858.

Other qualified counsellors, psychologists and psychiatrists in your area may also be able to provide assistance, though they are likely to charge a fee.

“ YOU REALLY HAVE BEEN A GREAT HELP TO ME THIS MORNING AND GIVEN ME AN IDEA OF WHERE TO GO FROM HERE. ”

YOU CAN DECIDE

If you don't feel like talking to someone yet, there are many self-help resources at **www.gamblinghelp.nsw.gov.au**. These include a free workbook that you can use to understand what triggers your gambling and how to manage it.

“ JUST BEING THERE TO LISTEN REALLY HELPS PEOPLE. ”

If you want to talk to someone who can help with information, counselling and referral, call

GAMBLING HELP

1800 858 858

Gambling Help counsellors are available at any time, 24 hours a day, 365 days a year.

You don't have to give your name and interpreter services are available.

Or visit the website at
www.gamblinghelp.nsw.gov.au

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