

## **MEDIA RELEASE**

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Thursday, 12 October 2017

### **THINK ABOUT YOUR BETTING LIMITS DURING RESPONSIBLE GAMBLING AWARENESS WEEK – 23 to 29 OCTOBER**

Communities across NSW are being encouraged to get involved in local events that promote sensible gambling choices as part of Responsible Gambling Awareness Week from **23 to 29 October**.

The week aims to get the 65 per cent of NSW adults who gamble to think carefully about their limits whenever they have a bet.

The current period between the football grand finals and Melbourne Cup is a great time for people to reflect on their gambling behaviour and consider if they need to make any changes.

Throughout the week, local Gambling Help services will be running community-based events such as BBQs, morning teas, meetings and forums to raise awareness of the need to gamble responsibly.

Young people in particular are being invited to get involved in Responsible Gambling Awareness Week and learn about the need to keep to limits when having a bet.

With the rapid growth in online gambling options, young people need to be savvy about the potential risks so they can make sensible choices.

The week is a chance to spread the word about responsible gambling behaviour and also let people know how they can get support if they feel their gambling is becoming a problem.

The NSW Government has produced a series of social media tools that encourage people to think about their limits when gambling.

To learn more and find out if there is an event in your area for Responsible Gambling Awareness Week, visit the Gambling Help website <http://gamblinghelp.nsw.gov.au/rgaw2017/>

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