

Concerned about someone close to you?

Gambling starts becoming a problem when it harms someone's mental or physical health, finances, relationships with others, social life, reputation, or ability to work.

Signs to look out for :

- unexplained debt or borrowing
- being secretive about gambling
- missing financial statements
- skipping work or social events
- mood swings, anxiety, stress or anger
- losing wallet or money regularly
- any other changes in behaviour you are worried about

Call Gambler's Help on 1800 858 858
or visit gamblershelp.com.au



**Support for
family and friends**



We provide free and confidential support in Arabic, Cantonese, Mandarin and Vietnamese. We can also arrange an interpreter for other languages on request. Visit gamblershelp.com.au for more information.

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service. For more information visit relayservice.gov.au



Are you affected by someone else's gambling?

When someone close to you has a gambling problem it can be overwhelming and isolating. It can affect your trust, confidence and finances.

Whether you're a friend, partner or parent, helping you is as important as helping the person who's gambling.

We can provide a different perspective on the situation and explore your options to help you look after yourself.

Gambler's Help provides free, confidential support to anyone affected by gambling, not just gamblers.

How you can help yourself and your family

While you can play a vital role in helping someone close to you with a gambling problem, it's just as important that you look after yourself and your family.

We can support you to protect yourself and the people around you from financial and emotional harm.

Call **Gambler's Help on 1800 858 858** or visit gamblershelp.com.au

Looking out for your children

Gambling can have a huge impact on children. Although they may not say anything, they can feel isolated, angry or depressed by what's happening at home.

We offer help and advice on how to monitor the wellbeing and development of children, so you can minimise the impact.

Support for young people

If you're a young person and worried that a parent or someone close to you has a problem with gambling, think about talking to a friend, family member or teacher.

You can also call the **Gambler's Help Youthline** on **1800 262 376** for advice and support 24 hours a day, seven days a week.

How you can help someone with a gambling problem

Recovering from problem gambling isn't easy. But many people with gambling problems are able to turn their lives around because of support from those close to them.

We can help you provide this support with information and advice specifically suited to your situation.

There are many practical ways you can help someone with a gambling problem, including:

- encouraging them to contact Gambler's Help
- attending family or financial counselling together
- providing alternative recreation activities and social or family events
- supporting them to address the potential causes of their problem gambling.

Call Gambler's Help on **1800 858 858** for free, confidential advice and support.

Or visit gamblershelp.com.au to find the support that's right for you.

Financial help

People with gambling problems often have difficulty handling money when gambling opportunities exist.

You may be asked to give or lend money, which could put you under financial strain. Someone else's gambling may even mean you have to cut back on spending, return to work, sell property or go without.

We offer free, confidential financial counselling to help you deal with money issues and protect yourself from financial stress.

Many ways to get support



Phone

Talk to someone

Gambler's Help offers free, confidential advice and counselling 24/7

Call **1800 858 858**



Face to face

Meet a counsellor

Gambler's Help offers face-to-face counselling on a one-off or ongoing basis

Call **1800 858 858**



Financial counselling

Get help with your finances

Financial counsellors can help you address financial problems related to gambling

Call **1800 858 858**



Family & friends

Support for family and friends

If someone else's gambling is affecting you, we offer advice and counselling

Visit gamblershelp.com.au



Peer support

Talk to people like you

We can help you find support from others who have gone through similar issues

Call **1800 858 858**



Help yourself

Tools to help yourself

Self-help tools can help you build your confidence and work through your concerns in your own time, at your own pace

Visit gamblershelp.com.au



Young people

Are you under 25?

Call our dedicated Gambler's Help Youthline for a confidential chat

Call **1800 262 376**



Online support

Immediate help online

Email or chat live with a counsellor 24/7

Visit gamblinghelponline.org.au