

GAMBLING CAN HARM ANYONE.

INFORMATION AND SUPPORT FOR YOU, YOUR FAMILY AND COMMUNITY.

People of all cultures, backgrounds, ages, genders and abilities can experience harm from gambling.

Gambling can have different meanings across cultures. For some people, it is part of social activities, traditions, or hopes of improving their financial situations. For others, it may be seen as wrong or not acceptable.

This factsheet provides clear information about:

- ✦ Gambling harm
- ✦ Ways to reduce your risk
- ✦ Where to get help

It is for:

- ✦ People who gamble
- ✦ People affected by someone else's gambling
- ✦ People supporting family members and friends

Help is free, confidential and respectful. Some services can be used anonymously.

- ✦ Using support services will not affect your visa, residency or citizenship status
- ✦ You can ask for an interpreter or support that respects your culture
- ✦ You can get support for yourself, including if you are supporting others
- ✦ Getting support early can help prevent more serious harm

WHAT IS GAMBLING HARM?

Gambling harm is any negative effect caused from gambling. It is not just about losing money. It can affect your health and wellbeing.

Gambling can affect:

- ✦ Work, study or caring responsibilities
- ✦ Physical, emotional, social and cultural wellbeing
- ✦ Relationships with family, friends, culture and community
- ✦ Stress, worry, sleep and mental health
- ✦ Finances (for example, difficulty supporting family or sending money overseas)

Gambling products are made to encourage people to keep playing and spending money. This can make it difficult to stop, even when it is no longer enjoyable.

People may gamble more when they feel pressure from money, work, loneliness, or settling in a new country.

Experiencing harm does not mean you have failed or done something wrong.

It can feel difficult to talk about gambling. You are not alone.



SIGNS OF GAMBLING HARM

People experience gambling harm in different ways.

Signs may include:

- ♥ Spending more time or money gambling than planned
- ♥ Not telling others about your gambling
- ♥ Feeling worried, stressed or uncomfortable about gambling
- ♥ Difficulty concentrating at work, study or community activities
- ♥ Spending less time with family, friends or on usual activities
- ♥ Sleep problems
- ♥ Ongoing financial stress
- ♥ Continuing to gamble even when it is no longer enjoyable

Recognising these signs can be an important first step.

TIPS TO REDUCE YOUR RISK OF GAMBLING HARM

Small steps can help. You can adapt these to suit your culture, values and family life.

- ♥ Set limits on time and money spent on gambling, based on what you can afford to lose
- ♥ Take regular breaks from gambling
- ♥ Be honest with yourself and people you trust
- ♥ Be aware that gambling is made to encourage spending. You are more likely to lose money than win
- ♥ Spend time on other activities that bring enjoyment, connection or meaning
- ♥ Stay connected with family, community and cultural activities

If it feels hard to stay within your limits, extra support may help.

CHOOSING TO TAKE A BREAK FROM GAMBLING

The ACT Self-Exclusion Scheme allows you to choose not to enter or gamble in ACT venues.

This may include:

- ♥ Using poker machines in licensed clubs and taverns
- ♥ Gambling at Casino Canberra
- ♥ Betting through TABCORP ACT outlets and facilities

Self-exclusion can help protect your wellbeing, your family and your finances.

You can choose self-exclusion by:

- ♥ Speaking with staff at an ACT gambling venue
- ♥ Calling the ACT Self-Exclusion Scheme on 02 6207 0359 (option 3)
- ♥ Contacting the ACT Gambling Support Service (actgamblingsupport.org.au)

For more information visit: everystorymatters.act.gov.au

You can also choose self-exclusion from online and telephone betting through the Australian Government National Self-Exclusion Register, BetStop: betstop.gov.au



SUPPORT OPTIONS

Support is available for individuals and families. This includes people who gamble and people affected by someone else's gambling.

Many people delay seeking help because of worry about privacy or how others may see them. It is good to seek help early. You can choose how much information you share.

Multicultural Hub Canberra

Multicultural Hub Canberra (mHub) provides free and culturally safe support for migrants, refugees and asylum seekers. Services include counselling, settlement support, employment assistance and family support, with bilingual staff and interpreter assistance available.

 (02) 6100 4611  mhub.org.au

Gambling support and counselling

You can use telephone or online services anonymously. Face-to-face services respect your privacy. You can bring a family member, friend or someone you trust.

 Gambling Helpline: 1800 858 858
 Online chat & Info: gamblinghelponline.org.au
 Face-to-face support: actgamblingsupport.org.au

Financial Counselling

Financial counsellors can help with budgeting, debts, bills and talking with creditors. Support is respectful and without judgement.

 National Debt Helpline (weekdays) 1800 007 007

SUPPORTING FAMILY AND FRIENDS

If you are concerned about someone you care about:

- ♥ Choose a calm and private time to talk
- ♥ Listen without judgement, blame or pressure
- ♥ Respect cultural values, family roles and the person's pace
- ♥ Encourage them to seek support, rather than trying to fix the situation
- ♥ Try not to give money for gambling or to gamble with them

In many cultures, family plays a key role in support and decision-making. Looking after yourself helps you continue to support others.

Support is available for you, even if the other person is not ready.

NEED AN INTERPRETER?

If you prefer to speak in a language other than English, you can use a free interpreter through the Translating and Interpreting Service (TIS National).

Call 131 450 and ask for your language, or ask the help service to arrange this for you.

REMEMBER

Asking for help shows strength.
With the right support, change is possible.