

www.problemgambling.sa.gov.au

DOES SOMEONE YOU CARE ABOUT HAVE A GAMBLING PROBLEM?

ARE THEY SPENDING MORE AND MORE TIME GAMBLING?

ARE YOU WORRIED THAT GAMBLING IS AFFECTING YOU AND YOUR FAMILY?

ARE THEY HIDING THEIR GAMBLING?

ARE THEY OFTEN BROKE?

DO THEY EVER BORROW MONEY TO GAMBLE?

ARE BILLS GOING UNPAID?

IS GAMBLING AFFECTING THEIR WORK?

People gamble for many reasons: for excitement, the thrill of winning or to be social. Unfortunately, some people continue gambling even when it is causing problems for themselves, their family and their friends.

If someone else's gambling is affecting you, there is something you can do.



GAMBLINGHELPLINE

1800 858 858

24/7 • **FREE** • CONFIDENTIAL

Anyone can speak confidentially to a friendly, non judgemental professional 24/7 free call 1800 858 858. Interpreters are available.

REMEMBER:

You cannot force your family member or friend to stop.

You are not to blame for their behaviour.

The gambling is the problem, not the person.

You can tell someone you trust about what's happening. This is not betraying the problem gambler.

You can help by saying: NO to gambling and lying, and YES I care about you.

You have the right to feel safe and emotionally and financially secure.

SUPPORT IS AVAILABLE FOR YOU

The Gambling Helpline is there to assist family members and friends, as well as the person with the gambling problem.

You can talk with someone that understands what you are going through over the phone. You can also meet with a counsellor in a safe, confidential environment, in your local area.

Call the Gambling Helpline on **1800 858 858** for information or to arrange a free, confidential discussion with a professional counsellor.

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The Gambling Helpline can organise an interpreter for you



Government of South Australia
Department for Communities
and Social Inclusion

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