



Gamblers can help manage their gambling with a simple dashboard and interactive tips.

## Useful resources

The 'Stay on track SA' app is just one of a toolkit of resources available for Gambling Help Services professionals and for families and friends of people with gambling issues.

Visit our website for more information:  
[www.problemgambling.sa.gov.au/stayontrackmobileapp](http://www.problemgambling.sa.gov.au/stayontrackmobileapp)

## SMS reminder service

A new feature on the website enables gamblers to opt in to receive regular SMS text messages to help keep them on track.

The messages keep the issue top of mind and remind the person to not let their gambling escalate. Users can opt out at any time if they no longer wish to receive the SMS reminders.

The SMS service is free for users and can be activated here:  
[www.problemgambling.sa.gov.au/freesmsreminders](http://www.problemgambling.sa.gov.au/freesmsreminders)

## Contact us

For more information about the 'Stay on track SA' app or our other resources contact:

Office for Problem Gambling  
 Department for Communities and Social Inclusion

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# A new tool to help gamblers 'Stay on track SA'.

A free smartphone app developed with counselling professionals.



Information for Gambling Help Services professionals.



## Who will it benefit?

The 'Stay on track SA' app has been designed to aid and encourage gamblers, particularly sports and track bettors, to set gambling budgets and stick to them.

It is an early intervention tool for gamblers who have a developing habit or those who may be in denial that they have a gambling problem.

## A simple and useful tool

The app is simple and easy to use. With just a few data entry screens and the colour-coded 'MyTracker' dashboard, it is straightforward for users to set-up, understand and maintain.

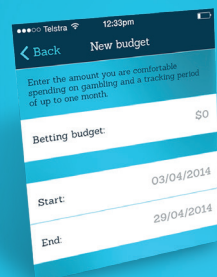
It even features a reminder notification so users can keep their betting spending up to date.

## Developed in collaboration with professional counsellors

The app was originally developed by the NSW Government and has been adapted for use in South Australia. It was developed with professional gambling counsellors in NSW to ensure the language, tone, tips and advice it includes will resonate with gamblers.

## How to use 'Stay on track SA'

The app can be downloaded for free from the Apple App Store or Google Play.

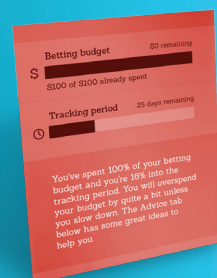


### 1 Set a betting budget

The user enters the dollar figure they are comfortable spending on gambling over a defined timeframe.

### 2 Enter bets

Each bet is added individually and can be updated with wins. A reminder function helps users keep their bets up to date.

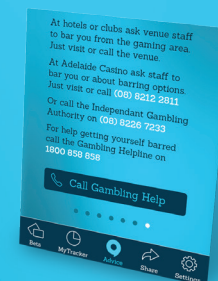


### 3 Track activity

The MyTracker screen shows how the user is going against their defined budget. It is colour-coded to show if they are overspending (red) or tracking OK (green).

### 4 Tips and advice

This section displays a range of responsible gambling tips and advice. It has been written to encourage early awareness of problem gambling and has links to other useful resources.



## Encourage your clients to try it

As you know, the earlier clients address their gambling problems, the greater their chance of success.

'Stay on track SA' provides visibility of a user's current and accrued gambling spend, so it gives them the opportunity to consider their actions and reach out for professional help when needed.

## Privacy and confidentiality

When you suggest to clients that they try out the app, it's worth mentioning that the app does not hold or share any information that will infringe their privacy. All data is encrypted and only stored on their smartphone.

Also, if users want to share the app with friends or family they can use a share feature that only sends a download link, not any betting information from the sender.

## Download the free app



Stay on track

The 'Stay on track SA' app is free and can be downloaded from the Apple App Store for iPhones and from Google Play for Android smartphones. Be sure to download the South Australian version.



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