

If you want to talk to someone today  
for information and support call

**GambleAware**

gambleaware.nsw.gov.au  
1800 858 858

GambleAware is available any time, 24 hours a day,  
365 days a year.

You can access help confidentially and for free.

You can speak to someone in your language.  
We have counsellors who speak languages other  
than English and interpreters are available.

We support people who gamble – and their families  
and friends.

Cover image: Department of Defence

# Are you a veteran worried about the impact of your gambling?

Published by  
**The Office of Responsible Gambling**  
GPO Box 7060, Sydney NSW 2001

[responsiblegambling.nsw.gov.au](https://responsiblegambling.nsw.gov.au)

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## Veterans and gambling – know the risks

Veterans (current and former serving Australian Defence Force members) are almost twice as likely to experience gambling harm than the general population. This risk is increased for veterans who are young, male, unemployed, from junior ranks, or who have been medically discharged.

Many factors can lead veterans to gamble. Boredom, stress, poor mental health, challenges in adjusting to civilian life, and the availability of funds from military leave or entitlements can all lead to gambling.

Gambling can be a real problem – it can affect finances, relationships, physical and mental health, as well as work or study.



Image: Department of Defence



Image: Photo courtesy of Peter Reynolds (2021)

## Is gambling a problem for you?

If gambling is causing you stress or anxiety, it's a problem. Signs of gambling harm include:

- feeling guilty, anxious or depressed about gambling
- losing control of how much time or money you spend on gambling
- withdrawing from your family and friends
- trying to win back losses
- falling behind with bills or signing up for new credit cards
- borrowing money or selling valuables
- thinking about gambling every day
- lying about gambling.

If you recognise any of these signs in yourself or someone around you, it's important to get help. Veterans, as well as their families and friends, can contact GambleAware, for free and confidential support. It's never too late to get in touch. You can contact GambleAware 24 hours a day, 7 days a week.

## Gambling can affect your wellbeing

Veterans may experience gambling harm at the same time as other health problems such as alcohol dependence, depression and post-traumatic stress disorder (PTSD). Gambling harm is an important risk factor for suicide among veterans, with one in five veterans who experience gambling harm making a suicide plan or attempt. That's why it's important to reach out and get help when you need it, or if you see someone who does.

## Help is at hand

Research shows that veterans don't often seek help for gambling. But it doesn't need to be that way. Help is available if you, your family or your friends need to talk to someone.

- **GambleAware** is a free and confidential service that can support veterans who gamble and their families. To arrange a face-to-face appointment with a counsellor in your local area call GambleAware 1800 858 858 or visit [gambleaware.nsw.gov.au](https://gambleaware.nsw.gov.au)
- If you prefer to **chat online**, counsellors are available 24/7 at [gamblinghelponline.org.au](https://gamblinghelponline.org.au)
- **RSL LifeCare Veteran Services** help veterans and their families by providing support and wellbeing programs that are veteran-centric and recovery focused. Call (02) 8088 0388 or visit [rsllifecare.org.au/veteran-services](https://rsllifecare.org.au/veteran-services)
- **RSL NSW** connects veterans and their families with the Defence community and a wide range of services and support. Call (02) 9264 8188 or visit [rslnsw.org.au](https://rslnsw.org.au)
- **Open Arms** is Australia's leading provider of mental health assessment and counselling for Australian veterans and their families. Call 1800 011 046 or visit [openarms.gov.au](https://openarms.gov.au)
- **Safe Zone Support** is a free and anonymous 24/7 counselling line for all current and ex-serving ADF personnel, veterans and their families. Call 1800 142 072 or visit [openarms.gov.au/safe-zone](https://openarms.gov.au/safe-zone)
- **Bravery Trust** is a national military charity which provides current and ex-serving members of the Australian Defence Force with financial aid, financial education and financial counselling. Call 1800 272 837 or visit [braverytrust.org.au](https://braverytrust.org.au)
- **Defence Member and Family Helpline** is a 24/7 helpline for Defence families seeking support, information or connection with their community. Call 1800 624 608 or visit [defence.gov.au/adf-members-families](https://defence.gov.au/adf-members-families)

For more information, or to get support today, call 1800 858 858 or visit [gambleaware.nsw.gov.au](https://gambleaware.nsw.gov.au)