



What are you gambling with?

Most people gamble... might be the dogs, pokies, horses, bingo, or cards. It can be fun, but it can be trouble. You could be losing more than just your cash. Family can suffer, so can your health and job.



GambleAware
gambleaware.nsw.gov.au
1800 858 858



Let's yarn about gambling

GambleAware





Gambling's a risky business

If gambling takes over, it can mess up your whole life. No cash for the bills, blues in the family, and everyone stressed out.

You've probably seen these things happen:

Money worries

- no money for food or rent
- borrowing cash
- trying to win back what you lost

Family worries

- hiding things from your family
- kids missing out on things
- withdrawing from your mob

Your worries

- shame about money lost
- feeling stressed out
- thinking about gambling all the time

How to make gambling less risky

- Balance your gambling. Take a walk, catch up with mates, or hang out with your kids.
- Don't gamble when you're down, it can make things worse.
- Don't expect to make money from gambling.
- Set limits on the time and money you gamble with.
- Take breaks when you gamble.
- Don't hit the grog or drugs when you gamble.
- Don't gamble when you're meant to be working, or with the family.



Need to yarn about gambling?

It's worth having a yarn about gambling if it's stressing you out.

There are a heap of professionals who are free and confidential who you can chat with about gambling. You can use them for yourself or if you're worried about someone else's gambling.

- To yarn to a counsellor for free 24/7 call GambleAware **1800 858 858**
- 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/yarn**
- If you prefer to chat with a counsellor anytime visit **gamblinghelponline.org.au/chat**
- If you're not ready to talk to a counsellor, there's info on how to self-exclude from venues or betting apps, plus other tips at the GambleAware website, visit **gambleaware.nsw.gov.au/yarn**