

Are you a veteran who wants to manage your gambling?



2304. VR003 | Image: Department of Defence

It takes courage and commitment to acknowledge that you're struggling with gambling and to seek help.

1. Get a handle on how you gamble

For some veterans (current and former serving Australian Defence Force members), gambling is an occasional pastime on special occasions such as Anzac Day. Others bet a few times a week which can lead to serious problems. Understand your own gambling and how it's impacting you.

2. Set limits on how much you bet

If you're planning to gamble in a casino, club or pub, leave your bank and credit cards at home and only take cash you are happy to lose. If you're gambling online, you can set limits on how much you can deposit into your account, minimum time between deposits and how much you can bet. Your bank can help you control what you spend on gambling through spending trackers on banking apps, gambling blocks and transaction limits.

3. Make sure you're informed

Do your research. You might be surprised to learn the real chances of winning for different types of gambling and what you stand to lose. It helps to learn about gambling on every level.

4. Have a game plan

Set your limits before you start and walk away once you reach them. Don't chase your losses. Set a time limit on how long you want to gamble and stick to it.

5. Don't get caught up in the moment

It can be hard to stop when your mates are betting big and egging you on. Resolve not to get swept along. Stand firm and ignore peer pressure.

6. Use social support

Having a support network can help if gambling is a problem for you. For many veterans, your friends and family will be an important part of supporting you on your journey to change.

7. Get balance in your life

Balance is important in all aspects of life, so balance gambling with other activities. It may be easier to keep the money and time you spend on gambling in check.

Don't be afraid to ask for help

If you're worried about how gambling is affecting you and your loved ones, there's no shame in reaching out. **GambleAware** is available to provide free, confidential support to veterans and their families 24/7. Visit gambleaware.nsw.gov.au or call us on 1800 858 858.

There are also veteran-specific services available for you and your loved ones, including wellbeing support, assistance with managing finances and links to social connections:

- **RSL LifeCare Veteran Services** 1300 232 564 or rsllifecare.org.au/veteran-services
- **RSL NSW** (02) 9264 8188 or rslnsw.org.au
- **Open Arms** 1800 011 046 or openarms.gov.au
- **Safe Zone Support** 1800 142 072 or openarms.gov.au/safe-zone
- **Bravery Trust** 1800 272 837 or braverytrust.org.au
- **Defence Member and Family Helpline** 1800 624 608 or defence.gov.au/adf-members-families

If you want support from a fellow veteran, the **Open Arms community and peer program** has peer workers who draw on their own lived experiences to provide insight and support to veterans with complex care needs.

For more information call **1800 011 046** or visit openarms.gov.au/get-support/community-and-peer-program