



GambleAware

1800 858 858

The number that can change your life



GAMBLEAWARE
gambleaware.nsw.gov.au
1800 858 858

Worried you might have a problem with gambling? We can help you, no matter what your situation.

GambleAware counsellors are professionals who listen and talk to people about issues and problems caused by gambling and support you to solve them. They are free to see and keep your phone calls, visits and conversations private and confidential.

GambleAware counsellors understand everyone's situation is unique and will work with you to explore the best way to support you. For example, they can help you to address your concerns about gambling in a positive way by clarifying the issues, increasing your self-awareness about your gambling, exploring options and developing strategies to manage your gambling. They can also provide practical support – such as linking you with a financial counsellor and other support services.

We understand that it is hard to talk about gambling – but there is no shame in getting help. GambleAware counsellors will listen to what is worrying you and will work with you to ensure that you get the support that you need and deserve.



Is my gambling causing me harm?

It can be hard to admit that gambling is a problem. But gambling can impact many areas of your life.

Some of the signs gambling may be causing you harm are:



Impact on your physical health

- Not eating properly.
- Not sleeping well.
- Headaches.
- Losing or gaining weight.



Relationship problems

- Conflict or breakdown.
- Being secretive about your gambling.
- Becoming withdrawn from your family and friends.
- Lying to your family and friends.



Financial problems

- Excessive loans.
- Regularly borrowing money.
- No money.
- Bankruptcy.
- Gambling more money than you have.
- Unpaid bills / disconnection notices.



Impact on your emotional health

- Stress.
- Anxiety.
- Sadness.
- Anger.
- Feelings of shame and helplessness.
- Feelings of regret and guilt.



Criminal activity

- Fraud.
- Stealing.



Education and employment

- Reduced performance.
- Difficulty in concentrating.
- Missing school or work.

Some people can gamble without it causing any harm to themselves or others. That's because they:

- ✓ Are in control of how much time and money they are spending.
- ✓ See gambling as a form of entertainment, not a way to make money.
- ✓ Only gamble with money they can afford to lose.
- ✓ Know the odds and understand that they are likely to lose.
- ✓ Don't try and win back their losses.

But for some people, gambling can be a real problem that affects many parts of their lives. If your gambling is causing you harm, support is available for free from GambleAware.



Why would talking with a GambleAware counsellor help me?

Counselling is talking medicine.

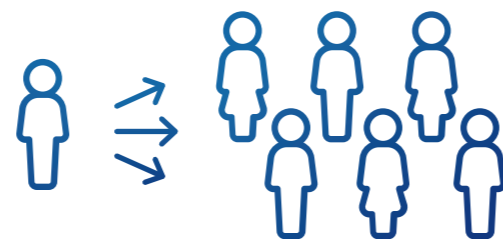
If you had a broken arm you would see a doctor and not wait for it to get better on its own. If you need support to prevent your gambling causing you harm, such as debt, stress or relationship conflict, then seeing a counsellor can help you before it becomes a crisis.

GambleAware counsellors are professionals who listen and talk to you about issues and problems in your life and support you to solve them. GambleAware counsellors are free to see – for you and your family. They also keep your visits and your conversations private and confidential. Even when using an interpreter, your visit and anything that you talk about remains confidential.

Your gambling doesn't just affect you. It can also affect those around you. It is estimated that for every person experiencing harm from their gambling that six other people are affected. Getting counselling will not only help you but will also help your loved ones. Your GambleAware counsellor can help you prepare to talk with your family and provide support to you all. Your family members can even have their own counselling sessions.



What support is available from GambleAware?



“ For every person experiencing harm from their gambling, six other people are affected. ”



Accessing GambleAware

You can call **1800 858 858** anytime 24 hours a day, 7 days a week.

- An interpreter can be arranged for you so you can speak to a GambleAware counsellor if required.
- You can get support from GambleAware anywhere in NSW.
- Flexible appointment times can be arranged for ongoing support.
- If you prefer typing to talking, you can chat to a counsellor live in English on the [Gambling Help Online](#) website.
- GambleAware counsellors are free and confidential.



You can get free legal advice

GambleAware offers legal advice on a variety of issues related to gambling, which may include:

- Bankruptcy, consumer rights, credit and debt, criminal law, family law, litigation and wills.
- Relationship breakdown and information about separation rights.
- Advice about how to legally protect your assets and how to support your family.

A telephone interpreter can be arranged for free by your GambleAware counsellor to help you access this service if required.



Financial counselling is also available

GambleAware can also provide financial counselling. Financial counsellors are trained professionals who can help you to work your way out of money difficulties as a result of your gambling by:

- Acting as an advocate – for example, writing to your bank or negotiating repayment arrangements with other creditors.
- Assisting with bankruptcy applications.
- Looking at options to help you manage your household's money.
- Linking you with other financial support services – like emergency relief services for food or government income support.

A telephone interpreter can be arranged for free by your GambleAware counsellor to help you access this service if required.



GambleAware counsellors help you to understand self-exclusion

Self-exclusion is a voluntary option for people experiencing problems with their gambling and want to stop or take a break. Anyone can exclude or bar themselves from NSW venues like pubs and clubs, or from online betting services if they want to cut down, have a break or quit gambling. GambleAware services can talk you through the process and help you to self-exclude.



GambleAware counsellors can help you prepare to talk to your loved ones about your gambling

A GambleAware counsellor can help you prepare to talk with your loved one about your gambling, your concerns and support you throughout the process.

If you think your gambling may be causing you harm, reach out to GambleAware and talk it through with them.

Getting started



GambleAware counsellors are free and confidential. Call NSW GambleAware on **1800 858 858**.
www.gambleaware.nsw.gov.au



An interpreter can be arranged for you so that you can speak to a GambleAware counsellor if required.



You can chat online in English.
www.gamblinghelponline.org.au

Ongoing support

- ✓ GambleAware counsellors support you and your family.
- ✓ Practical support.
- ✓ Refer you to a financial counsellor for free.
- ✓ No judgement – help to get harmony back into your life.
- ✓ Ongoing appointments arranged to not impact your work.
- ✓ Free legal advice for gambling related matters.

If you are in an emergency, or at immediate risk of harm to yourself or others, please contact emergency services on 000.





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