

Gambler's Help services are FREE and CONFIDENTIAL, and respect cultural diversity. Interpreters are provided FREE of charge.



Information about gambling and problem gambling

There are many types of gambling, including tattsлото, scratchies, card games, internet gambling, horse racing and the pokies. Gambling can take place at hotels, in the workplace, the casino and even in the family home.

For most people, gambling is just a social activity, like a game of cards with friends. However, gambling can become a problem if a person spends more time and money on gambling than they can afford. Some of the common signs of problem gambling include:

- Increasing debts
- Borrowing money
- Stress or depression
- Secrecy
- Uncontrollable urges to gamble

Gambling more than you can afford can be harmful so it is OK to say NO if you feel pressured to participate.

Who can you talk to?

If you think you or someone close to you has a gambling problem, at Gambler's Help you can talk to trained workers who can:

- Help you to control or stop gambling
- Talk to you about managing your money
- Provide information and support

Gambler's Help services can also link you to educational and recreational activities such as English language and money management courses. On request, they can send guest speakers to talk to your community group about gambling related issues.

Some facts about pokies

Pokies are a popular form of gambling in Australia. They can be played at places like the casino and in pubs and clubs.

Be aware that:

- Pokies are programmed so you lose and they win
- Pokies will not provide you with extra income
- The more you play, the more you lose
- You cannot influence the outcome of a game
- Playing pokies regularly and spending more time and money than you can afford can indicate problem gambling

How to contact Gambler's Help

For 24 hour advice or to be linked to your nearest Gambler's Help service you can call:

Gambler's Help Line FREECALL 1800 156 789

Gambler's Help Line FREECALL 1800 777 706
(for the hearing impaired only)

Website: www.problemgambling.vic.gov.au

GAMBLER'S HELP™ 1800 156 789

www.problemgambling.vic.gov.au 24 HOURS 7 DAYS Free & Confidential



A Statewide program of North Richmond
Community Health Centre

English / Chin



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