



how to contact gambler's help

Call Gambler's Help on 1800 858 858.

Gambler's Help telephone services are available 24 hours a day, 7 days a week.

- When you call, you can ask for a Khmer interpreter – it's free.
- The service is confidential and Gambler's Help will not discuss your problem with anyone else.
- You can speak to Gambler's Help over the phone or you can make an appointment to speak to someone face to face in your local area.

You can also visit www.problemgambling.vic.gov.au for more information.

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Produced by



**The photographs and quotes in the brochure are from members of the Khmer community who are concerned about the impact of problem gambling.*



how lucky do you feel?

Here are some facts about gambling on poker machines:

- Poker machines are programmed so that you will lose and the machine will win.
- You have less than one chance in 10,000,000 of winning the highest prize.
- Nothing you do will increase your chances of winning on a poker machine.
- If you try to win back your losses, you are likely to lose even more.
- The more often you gamble, the more likely you are to develop a gambling problem.

"It can be easy to earn money in this country, but it can be even easier to lose it!"

are you gambling with your future?

Information for the Khmer community about problem gambling

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Problem gambling can affect people of all cultures. By knowing more about problem gambling, you can protect yourself or other people in your community.

what is gambling?

There are many forms of gambling. Traditional Cambodian forms of gambling include betting on cock fights or fish fights, and playing cards.

Many forms of gambling are legal in Australia. People gamble on poker machines, cards, games at the casino and sports events.

Some people gamble for fun and entertainment, others hope to pay off debts or make money quickly.

No matter why people gamble or what they gamble on, gambling can become a dangerous habit that is hard to stop.

do you have a gambling problem?

1. Have you bet more than you could really afford to lose?
2. Have you needed to gamble with larger amounts of money to get the same feeling of excitement?
3. Have you gone back on another day to try to win back money you have lost?
4. Have you borrowed money or sold anything to gamble?
5. Have you felt you might have a problem with gambling?
6. Have people criticised your betting or told you that you had a gambling problem, whether or not you thought it was true?
7. Have you felt guilty about the way you gamble or what happens when you gamble?
8. Has gambling caused you any health problems, including stress or anxiety?
9. Has gambling caused any financial problems for you or your household?

If you answer **'yes'** to any of these questions, then you may have a gambling problem.

Professional and confidential information and help is available for you.

"Gambling won't just harm your pocket. It can harm your family, your career and your future."

what can you do?

You can receive professional and confidential advice to help you control or stop your gambling.

Gambler's Help is a free service for people affected by problem gambling.

- You can call Gambler's Help at any time.
- You find ways to control or stop gambling.
- You can talk about ways to manage your money and clear debts.
- You can call Gambler's Help if someone you know has a gambling problem.
- You can be put in contact with other services such as employment, housing or welfare, if you need them.

Many people of all cultures have resolved their gambling problems with Gambler's Help services.

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