

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



### **Do you think you, a friend or family member has a gambling problem?**

There are many types of gambling, including tok-kurow, cards, poker machines and tattslotto. Some people put bets on games like billiards or soccer. For most people, gambling is just a social activity, like a game of cards between friends. But for some people, gambling can become a problem, causing harm to themselves, their family and even their community. Some of the common signs of problem gambling are:

- Large debts
- Borrowing money
- Stress or depression
- Secrecy and denial
- Uncontrollable urges to gamble

### **Who can you talk to?**

If you think that you, a family member or a friend has a gambling problem, at Gambler's Help you can talk to people who can:

- Give you strategies on how to control or stop gambling
- Talk to you about managing budgets, debts and bills
- Give guidance on stress related issues

Gambler's Help services can also link you to educational and recreational activities such as English, sewing, and financial management courses. On request, they can send guest speakers to talk to your community group.

## Some facts about pokies

When you play the pokies the odds are against you:

- Pokies will not provide you with extra income
- Pokies are programmed so you lose and they win
- The more you play the more you pay

## How to contact Gambler's Help

For twenty four 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)

**Interpreters are also available for these services if required**

**Website: [www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au)**

**GAMBLER'S HELP™ 1800 156 789**

[www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au) 24 HOURS 7 DAYS Free & Confidential

English / Dinka



**GAMBLER'S HELP SERVICES**



**Victorian  
Multicultural  
Gambler's Help  
Program**



A Statewide program of North Richmond  
Community Health Centre