

What are the signs of a **gambling problem**?

These questions can help you understand whether gambling has become a problem for someone you know.

- › Do they bet more than they can afford?
- › Do they keep trying to win back money they have lost?
- › Are they gambling with money meant for bills or groceries?
- › Have they borrowed money to gamble?
- › Have they lied about their gambling?
- › Have they been angry or depressed because of gambling?

We often keep our problems to ourselves, afraid of the shame if someone else found out. Some problems get worse if they remain silent.

If you are worried that you or someone you care about has a gambling problem, maybe you should talk about it with someone who can help.



Don't hide your problems

How can I help someone who has a gambling problem?

gambler's help
1800 858 858

problemgambling.vic.gov.au



Is there help?

It can be very hard for someone to stop gambling on their own. Once they get help, it will be easier.

Gambler's Help is a free service that helps people to control or stop their gambling. Everything that you say to Gambler's Help will remain private and confidential.

Gambler's Help can also help people to manage money problems caused by gambling.

You can call **Gambler's Help** at any time, 7 days a week. Khmer interpreters are provided free of charge.

What can you do to help?

It can be difficult to talk to a person who has a gambling problem.

If you talk to them, try not to get angry. Tell them you have noticed something is wrong and that you would like to help. If they want to stop gambling, be supportive and encouraging.

Even if they deny they have a problem, you can still give them information about where to get help.

Help for you

The person with the gambling problem is not the only one to suffer. Sometimes you suffer as well, and so do others in your family. You may also have money problems.

Keeping the problem to yourself will not make it better. It may be best to talk to someone who will understand and give you advice.

These organisations have experience in dealing with gambling problems. They can give you confidential support.

› **Cambodian Buddhist Association**

159 Clarke Rd, Springvale South
Call (03) 9546 2432

› **Cambodian Association of Victoria**

52 Queens Avenue Springvale
Call (03) 9546 3466

› **Gambler's Help**

Free, confidential help, 24 hours a day
Call 1800 858 858 or visit
www.problemgambling.vic.gov.au