

There are many things that can help people control or stop gambling.

Problem gambling can cause harm within families and can affect the whole community.

People who have gambling problems can control or stop gambling if they have support and help.

The information in this brochure can help you protect yourself, your family and your community from gambling problems.

free and confidential help is available

Gambler's Help is a free service that you can call at any time.

You can talk about ways to control or stop gambling, and how to manage finances and debts.

You can also call Gambler's Help if gambling is affecting someone you know.

Everything you say will be kept private and confidential.

You can get an Arabic interpreter if you want one. Sometimes counsellors who speak Arabic are also available.

gambler's**help**
1800 858 858

problemgambling.vic.gov.au

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We can protect each other from problem gambling.



Information for the Iraqi community



what is gambling?

Gambling is any activity that involves spending money in return for a chance to win money or a prize.

Many different forms of gambling are legal in Australia. They include:

- pokie machines (electronic gaming machines)
- table games at the casino such as blackjack, poker and roulette
- betting on horse or greyhound racing
- lotteries
- raffles and sweepstakes

Many people gamble occasionally for fun and entertainment, and they can do this without causing harm to themselves or their families.

But sometimes gambling can become a serious problem.

signs of problem gambling

You may have a gambling problem if:

- you bet more than you can afford to lose
- you need to gamble with large amounts of money
- you keep trying to win back money you have lost
- you borrow money to gamble
- you feel guilty or stressed about gambling
- you and your family have financial problems because of gambling

If you think someone you know has a gambling problem, look for the following signs:

- money disappearing
- unexplained debt or borrowing
- people being secretive or lying about what they are doing
- people being absent for long periods without a reason
- moodiness, unexplained anger and depression

how can you protect yourself?

- Only gamble occasionally, for fun and not to try to make money.
- Only take the money that you can afford to spend. Don't take any more money with you.
- Leave your bank cards and credit cards at home when you gamble.
- If you are worried about your gambling, seek help.

If a friend or family member has a gambling problem, there are many things you can do to help.

- Talk to them honestly and without judgement. Your support is very important.
- Encourage them to keep talking to you.
- Don't lend them money.
- Let them know how they can get help for gambling problems.

Gambler's Help is a free and confidential service for people affected by problem gambling. You can get support and advice on how to protect yourself and your family.

Call **Gambler's Help** at any time on
1800 858 858
or visit
www.problemgambling.vic.gov.au