

Gambling Harm Referral Tool

Awareness

Be aware of the signs

- Spending more money and time than they intend to gambling
- Feel guilty and ashamed about gambling
- Try to win back losses
- Miss important things in life such as family time, work, leisure activities, appointments, because of gambling
- Think about gambling every day
- Have arguments with friends or family about gambling
- Lie or steal to get money for gambling
- Get into debt or struggle financially due to gambling

Screening

Ask the question

If you think someone is experiencing gambling harm, ask them about it in a calm, understanding and supportive manner.

Support

Offer support and remember that the person can only change if they are ready to change.

Encourage professional help

Gambling problems can be treated successfully, there are counsellors and online support available for problem gamblers and affected others.

Referring

Gambler's Help

1800 858 858

www.gamblershelp.com.au

A free, confidential, 24/7 service that provides information and self-help tools around gambling harm.

Bethany Community Support

5278 8122

www.bethany.org.au

Therapeutic and Financial counsellors available.

These services are free.

*This process can be used for those who have a problem with gambling and also those who experience harm and are affected by another person's gambling behaviours.

**For more information, contact
Gambler's Help at Bethany**

Bethany Community Support 5278 8122 www.bethany.org.au

Gamblers Help 1800 858 858 www.gamblershelp.com.au

bethany
community support

**Gambler's
Help**