

Worried about someone else's betting

If you are worried about a parent, family member or friend's betting - reach out and seek support, not only for them but also for yourself.

When someone you care about is betting too much, it can be stressful and hard to know where to turn. If their betting causes arguments, you may worry about your safety, or the safety of people close to you.

If you're concerned that someone close to you is experiencing gambling harm, it's best to say something to them, sooner rather than later. An honest, non-confrontational conversation can start them on the road to seeking support.

What to look out for

- They seem stressed, down, moody or argumentative
- Spending less time doing family things and stop going out
- Disappearing from home for long periods
- Talking about gambling/betting a lot
- Obsessing over the odds when gambling, particularly on sports
- Missing work or school
- Borrowing, taking or owing or take money
- Behind with bills or unable to buy food.

What you can do

Talking to someone about their betting can be very difficult. Especially if you're not sure how they will react. If you're worried about asking someone about their gambling, talk to someone else about it first:

- Gambler's Help on 1800 858 858
- Family member, friend or other trusted adult
- Teacher or student welfare coordinator

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