

Meli Gambler's Help Toolkit

Affected others and pathways to support

When someone close to you has a gambling problem it can be overwhelming and isolating. It can affect your trust, confidence and finances. Whether you're a friend, partner or parent, helping you is as important as helping the person who's gambling.

Gambler's Help provides free and confidential support to anyone affected by gambling.

Did you know?

- For every person with a gambling problem, there are up to 6 other people around them being impacted by their gambling
- Half of people with a gambling problem rely on informal help from family or friends
- Children of people with gambling problems are at greater risk of going on to develop their own problems with gambling

What are the impacts of gambling problems on families?

- Healthy functioning of family and intimate relationships
- Emotional problems and financial difficulties
- Family and domestic violence

Effective coping strategies

- Seek professional support for yourself and your family
- Set boundaries/limits with the gambler
- Release guilt and responsibility
- Recognise that gambling is an addiction
- Take financial control with the help of a financial counsellor
- Be careful not to help the person to gamble
- Support the gambler in treatment or with Self Exclusion from venues

What can you do?

If someone else's gambling is affecting you, we offer free and confidential information, advice and support. We provide therapeutic and financial counselling, you can attend counselling by yourself, with your partner or family.

For more information, contact Gambler's Help or Meli:

Call Gambler's Help on 1800 858 858 or Meli on 5278 8122 or email intake@meli.org.au