

Meli Gambler's Help Toolkit

Gambling Harm Referral Tool

Awareness



Screening



Referring

Be aware of the signs

- Seeming down, withdrawn or moody.
- Spending less time with friends and family.
- No longer doing things they usually enjoy.
- Absent from school or work.
- Obsessing about betting and the odds of sports.
- Often borrowing or stealing money.
- Financial difficulty.
- Relationship breakdown.

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.

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.

Meli

(03) 5278 8122
www.meli.org.au
Free and confidential therapeutic and financial counselling.

*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 or Meli:

Call Gambler's Help on 1800 858 858 or Meli on (03) 5278 8122 or email intake@meli.org.au