

# Meli Gambler's Help Toolkit

## Saving tips

If you are struggling with your saving habits – you're not alone. It can be difficult to know where to start when you want to save, here are some tips that could help:

- **Set a savings goal** – make this achievable for you and do not put extra pressure on yourself to reach the goal, sometimes life gets in the way and that is ok! Make sure to use SMART goals
- **Track your spending and create a budget** – by adding in your savings into each budget you can treat it as an expense – not what's left at the end
- **Identify your needs and wants** – wants are the area where you could save money
- **Look at your spending leaks** – if you buy a can of soft drink per day, you could save money by buying a bulk pack which works out cheaper per can!
- **Open a separate bank account** and set up a direct debit for the day you receive your income – this is a great way to save, as you will get used to not having this money and will not have to worry about transferring money each week or fortnight. You can even name the accounts (e.g. Christmas, car cost, holiday) to help you achieve your savings goal!
- **Limit access to your bank account** - no online access, no card, have to go into the bank to get the money or have it transferred.
- If you receive a pay raise, tax return or gifted money – save it – you haven't had it before so should be able to do with it in the future. We get used to managing on what we have – not what we want in the future
- If you have difficulty saving money – ask a family member or friend to be the savings bank and outline the reasons why/agreement to return funds (e.g. only give me money when I show you the overdue bill or come with me to get my haircut so you can pay out of my savings)
- **Have a reason to save** and be specific. Save for a purpose – you're more likely to want to keep it safe
- **Concessions and entitlements** - tell your utilities providers that you are on a concession card if you have one – this could result in lower rates

Meli have Gambler's Help financial counsellors available to answer any questions you have, and help you access options to manage your finances if you are affected by gambling harm. We also offer an Emergency Relief program that helps low and fixed-income individuals and families who are in financial crisis and who need immediate assistance for a short period of time.

**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](mailto:intake@meli.org.au)