



**"I FEEL
SICK WHEN
I REALISE
HOW MUCH
I'M LOSING"**

WHY IS IT ALL SO DIFFICULT?

Sometimes even thinking about gambling is difficult. Some problems can develop through not really understanding how gambling works; some are to do with how gaming machines operate; and others just grow out of trying to escape life's other problems. It's important to know when to walk away.

Different people respond in different ways, and can be helped in different ways.

WHERE TO GO

Gamblers Help

If you are concerned about your own gambling or someone else's you can get support or answers to your questions from Gamblers Help.

online: 24/7 services offer comprehensive self-help and counselling via email or chat
www.gamblinghelponline.org.au

phone: 24/7 Gamblers Helpline Tasmania offers advice, information and telephone counselling
1800 858 858

in person: Gamblers Help provides counselling in major centres and smaller towns around Tasmania

- Personal
- Family
- Financial
- Support groups
- Self-exclusions

Anglicare Tasmania 1800 243 232

Relationships Australia Tasmania 1300 364 277

www.gamblinghelponline.org.au

GamblersHelp 

1800 858 858

Tasmanian Liquor and Gaming Commission


Tasmanian
Government

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NEED TO TAKE A BREAK FROM GAMBLING?

How to know and where to go



ODDS **R**

The longer you play,
the more you lose.

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“THIS USED TO BE SOCIAL, NOW I CAN’T STOP THE URGE”

Sometimes people lose the sense that it’s only a game. People may look at gambling as a way to make money. When money is lost, people may ‘chase their losses’ and bet even more in an attempt to try to get the lost money back. This can cause a cycle of increasing losses, larger bets and distress. It can lead to problem gambling.

SIGNS OF TROUBLE – YOU, THEM, HIM, HER...

DO YOU:

- always think about gambling?
- spend more money or time gambling than before?
- borrow money to gamble?
- lie to cover up gambling?
- neglect work, family or friends to gamble?
- gamble to escape life’s daily pressures?
- feel depressed, angry or guilty after gambling?

If so, it could be time to think about what gambling means to you, and how it’s affecting your life. Remember, you are not alone. Professional support and self-help information is available to help people to make the changes they want.

You can choose the support that’s right for you. Support services are also open to people who have a friend, family member or colleague for whom gambling has become a problem.

Many people have got control back. Help is available:

- telephone support;
- face-to-face counselling;
- online information and advice; and
- self-exclusion.

If you are concerned about your own gambling, or if you are worried about someone you care for, you can get help and answers to your questions through the free and confidential Gamblers Help services.

SELF-EXCLUSION – A PRACTICAL WAY TO TAKE A BREAK...

Self-exclusion works for people who find it hard to stay away from gambling; hard to leave when they want to; or who spend more time or money than they planned.

Exclusions are easily arranged through Gamblers Help services. All Gamblers Help services are free and confidential. Contact details are on the rear of this brochure.

- Phone the Gamblers Helpline or ask at the venue.
- Sign the written commitment to stay away for a period of time.
- The decision becomes legally binding for you and the venues.

FRIEND OR FAMILY? A person with a close personal interest in the welfare of another may apply for a third party exclusion.

WHEN THE GAME IS NO LONGER FUN

Sometimes people can become ‘hooked’ on gambling. This can threaten your:

- finances;
- relationships;
- feelings of self-esteem;
- employment or study; and
- mental and physical health.

ASK YOURSELF: “Do I feel in control of my gambling? Is gambling a larger part of my life than I want it to be?”



“MY FAMILY AND FRIENDS STOPPED COUNTING ON ME, AND IT HURTS”