

# Do I have a gambling problem?

Think about gambling a lot?

Do you borrow money to gamble?

Do you lie about your gambling?

Missing events with family and friends to gamble?

If you answered yes to any of these questions, you are likely to be experiencing gambling harm.

It may be time to think about what gambling means to you and how it affects your life.

# Where to find help

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



24/7 services offer comprehensive self-help and counselling via email or chat at [gambinghelponline.org.au](http://gambinghelponline.org.au)



24/7 Gamblers Helpline Tasmania offers advice, information and telephone counselling by phoning **1800 858 858**



Gamblers Help provides in-person counselling, exclusions and group support across Tasmania. Contact **1800 243 232**

To contact the Commission:



[www.gaming.tas.gov.au](http://www.gaming.tas.gov.au)



[gaming@treasury.tas.gov.au](mailto:gaming@treasury.tas.gov.au)



(03) 6166 4040

# Need to take a break from gambling?



## Help is available 24/7



Gamblers Help  
1800 858 858

Tasmanian Liquor and  
Gaming Commission



## Sometimes people can gamble too much. This can happen for many reasons...

- Wanting to escape problems
- Loneliness
- Trying to get rich
- Influenced by friends, culture, gambling environments and advertisements
- Not understanding the odds

### Ask yourself

"Do I feel in control of my gambling?"

"Is gambling a larger part of my life than it should be?"

## Gambling too much affects your...

- Finances
- Self-esteem
- Health and mental health
- Relationships
- Employment or studies



Sometimes people forget it's a game - it's not a way to make money. When money is lost, people may "chase their losses" and bet even more to try and get the money back.

This can cause a cycle of increasing losses, larger bets, and distress. It can lead to harmful gambling.

### Don't let gambling become your main pastime!

If you decide to gamble, take frequent breaks.

## Before you gamble ...

- Don't gamble if you're stressed or troubled
- Set a time and money limit and stick to it
- Avoid alcohol - it affects your judgement
- Leave your debit and credit cards at home
- Understand that gambling is not a way to make money

Small wins may conceal bigger losses.

Keep a close eye on the real cost.



## Self-Exclusion - Taking a break ...

You can exclude from gambling venues, activities, areas or gambling websites.

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

Exclusions are easily arranged through Gamblers Help services and are free and confidential. Take control and sign the commitment to stay away for a period. The decision becomes legally binding for you and the venue.

Friend or family? If you have a close personal interest in the welfare of someone experiencing harm, you may apply to the Commission for that person to be excluded from gambling.

Scan the QR Code for more information about exclusions.

