



**“I FEEL SICK
WHEN I
REALISE HOW
MUCH I AM
LOSING”**

WHERE TO GO

Gamblers Help

If you are concerned about your own or someone else’s gambling you can get support and 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 cities and smaller towns around Tasmania

- personal
- family
- financial
- support groups
- venue 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



**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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SOMETIMES PEOPLE GAMBLE TOO MUCH. THIS CAN HAPPEN FOR MANY REASONS INCLUDING...

- wanting to escape problems
- getting 'carried away'
- wanting to get rich
- the influence of friends, culture, gambling environments and advertisements
- not understanding the odds and the house edge

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

GAMBLING TOO MUCH CAN AFFECT PEOPLE'S...

- finances
- relationships
- self-esteem
- employment or study
- mental and physical health



Sometimes people forget it's a game, not a way to make money. When money is lost, people may 'chase their losses' and bet even more to try to get the money back. This can cause a cycle of increasing losses, larger bets, and distress. It can lead to problem gambling.

SIGNS OF TROUBLE - DO YOU...

- often 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?
- keep betting to try to get back your lost money?

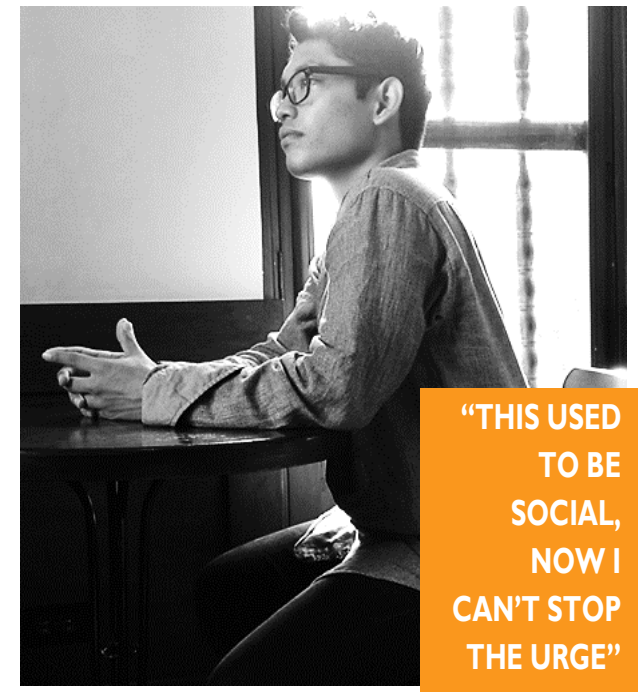
If you notice any of these signs, you could be at risk of developing a gambling addiction and it may be time to think about what gambling means to you and how it is affecting your life.

⇒ **DON'T LET GAMBLING BECOME YOUR MAIN PASTIME. If you decide to gamble, make sure you take frequent breaks.**

BEFORE YOU GAMBLE...

- set a limit on time and money and stick to it
- never gamble when stressed or troubled
- avoid alcohol – it affects your judgement
- leave your ATM and credit cards at home
- understand that gambling is not a way to make money
- make an informed choice - find out how much you have lost

⇒ **ZONED OUT? Small wins may conceal bigger losses. Keep a close watch on the real cost.**



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

Exclusion means not being allowed into a gambling venue(s) or gaming activities/gaming areas or accessing particular 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. All Gamblers Help services are free and confidential. 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 venue.

Friend or family? A person with a close personal interest in the welfare of another may apply for that person to be excluded from gambling at gaming venue(s).