

Gambling Harm Referral Tool



Awareness



Screening



Referring

Be aware of the signs

- Spending more money and time than they intend to gambling
- Feel guilty and ashamed about gambling
- Try to win back losses
- Miss important things in life such as family time, work, leisure activities, appointments, because of gambling
- Think about gambling every day
- Have arguments with friends or family about gambling
- Lie or steal to get money for gambling
- Get into debt or struggle financially due to gambling

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

gamblershelp.com.au

A free, confidential, 24/7 service that provides information and self-help tools around gambling harm.

Meli

☎ 5278 8122

meli.org.au

Therapeutic and Financial counsellors available.

These services are free.

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.