

# 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](http://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](http://meli.org.au)

Meli provides free, confidential and nonjudgmental therapeutic and financial counselling, for the gambler or anyone impacted by someone else's gambling.

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.