

# Affected others and pathways to support



If you are affected by someone else's gambling behaviour, there is support available to you through Gambler's Help.

## Did you know?

- For every person with a gambling problem, there are up to six other people around them being impacted by their gambling
- Half of people with a gambling problem rely on informal help from family or friends
- Children of people with gambling problems are at greater risk of going on to develop their own problems with gambling

## What are the impacts of gambling problems on families?

- Healthy functioning of family and intimate relationships
- Emotional problems and financial difficulties
- Family and domestic violence

## Effective coping strategies

- Seek professional support for yourself and your family

- Set boundaries/limits with the gambler
- Discover new hobbies or activities
- Release guilt and responsibility
- Recognise that gambling is an addiction
- Take financial control with the help of a financial counsellor
- Be careful not to help the person to gamble
- Support the gambler in treatment
- Support the gambler with Self Exclusion from venues

## What can you do?

If someone else's gambling is affecting you, we offer free, confidential information, advice and support. Or you can attend counselling by yourself, with your partner or family.

You are not the only one experiencing the effects from gambling harm. We can help you find support from other people with similar experiences, either in a group setting or one on one. Call Gambler's Help on 1800 858 858 or Meli on 5278 8122.