

# Affected others and pathways to support

Family and friends who are impacted by somebody else's gambling can access our financial and therapeutic counselling services.

## Did you know?

- Up to six other people can be negatively affected by someone's gambling behaviour
- Young people who live with a parent who gambles are **1.5 times more likely to gamble** than those who live in a household where no parent gambles

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

- Healthy functioning of family and intimate relationships
- Emotional problems and financial difficulties
- Family 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 negatively impacting you, we provide free and confidential counselling. You can attend counselling by yourself or with your partner.