

# Worried about someone else's gambling?



If you think gambling is negatively affecting someone close to you, having a conversation with them will show you care. And it could change their life.

## What to look out for

- They seem stressed, down, moody or argumentative
- Spending less time doing family things and stop going out
- Disappearing from home for long periods
- Talking about gambling/betting a lot
- Obsessing over the odds when gambling, particularly on sports
- Missing work or school
- Borrowing, taking or owing or take money
- Behind with bills or unable to buy food

## Conversation tips

- Set aside time to chat in a quiet, comfortable place where others won't overhear
- Approach the issue with care and sensitivity
- Be patient
- Offer guidance on help options

## What you can do

Talking to someone about their gambling can be very difficult, especially if you're not sure how they will react. If you're worried about asking someone about their gambling, talk to someone else about it first:

- Gambler's Help on 1800 858 858
- Gambler's Help Youthline on 1800 262 376
- Family member, friend or other trusted adult
- Teacher or student welfare coordinator