

Gambling Self Change

Fact Sheet 1: Gambling a problem? Help is at hand

In Tasmania last year, more than 900 people turned to Break Even Services for support or counselling on gambling issues.

If you are looking for solutions to problems caused by gambling, you have lots of options. Just as there are many different kinds of gamblers and gambling problems, there is a wide choice of support services in Tasmania to meet peoples' varied needs.

Some people prefer to use the 24 hour Gambling Helpline to talk to a counsellor to ask questions or when a crisis hits. Others choose to involve their family or friends in finding solutions with the help of a counsellor.

This Fact Sheet tells you more about the services available.

The services funded to work with problem gambling are called the Break Even Network.

The network offers a range of free and confidential services.

Who is in the Break Even Network?

- Gambling Helpline Tasmania
- Anglicare Tasmania Inc
- Relationships Australia Inc

Break Even Network Services are:

- Free
- Confidential
- Professional

Help for those affected by gambling

Telephone counselling:

- Gambling Helpline 1800 858 858

Face to Face support:

- Financial counselling
- Personal and family counselling
- Support groups

Your rights stay with you when you pick up the phone.

Whether you are calling to make an appointment or just to talk:

- No one is going to tell you what to do.
- You can start or stop your sessions whenever you want.
- What you say remains confidential.

Break Even services are designed to be easy:

- A qualified counsellor is available on the Helpline 24 hours a day, all year.
- Services are available to all regions of the state.
- When you choose to see a counsellor, you can have an appointment within 24 hours.
- Counsellors are friendly and professional, and work with people in a wide range of situations.
- Remember, all services are free.

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What sort of issues did Break Even Network services help people solve?

“Tim on the Helpline helped me see which areas of my gambling were going out of control. One option we discussed was how I could exclude myself from gambling venues. That worked for me.”

“I got this summons and I was so embarrassed! But the financial counsellor rang my bank and all the people whose bills I hadn't paid. We arranged to reschedule all the payments. What a relief!”

“I went to a counsellor because I couldn't cope with my partner's gambling. In a few sessions I learnt to sort out my priorities and to feel more confident that I had options and choices.”

“My support group helped me see I wasn't alone with my problem. The group members made me feel welcome – I no longer felt ashamed or isolated.”

“We worked out how I could explain things to my partner.”

“We couldn't understand why our son was suddenly skipping school. At the counselling session it came out that he was very stressed by our gambling and the arguments that went with it.”

Other facts sheets in this series:

- 1 Gambling a problem? Help is at hand
- 2 If you don't need help- read this
- 3 Coping with the effects of someone else's gambling
- 4 Test your gambling behaviours
- 5 Helpful hints for family and friends
- 6 About Responsible Gambling

Gambling Helpline 1800 858 858

Break Even Network services are contracted by the Department of Health and Human Services, and funded by the Community Support Levy.

CONTACT DETAILS

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Tasmania

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