

"I know I should be somewhere else but I'm still here..."

➔ **24 hour questions and answers by phone**

Gambling Helpline Tasmania 1800 858 858

➔ **Counselling**

- personal
- family
- financial
- support groups
- self-exclusions

Anglicare Tasmania 1800 243 232

Relationships Australia Tasmania 1300 364 277

➔ **Do-It-Yourself web info**

DHHS Gambling Support Program

Email: gambling@dhhs.tas.gov.au

Visit: www.dhhs.tas.gov.au/gambling

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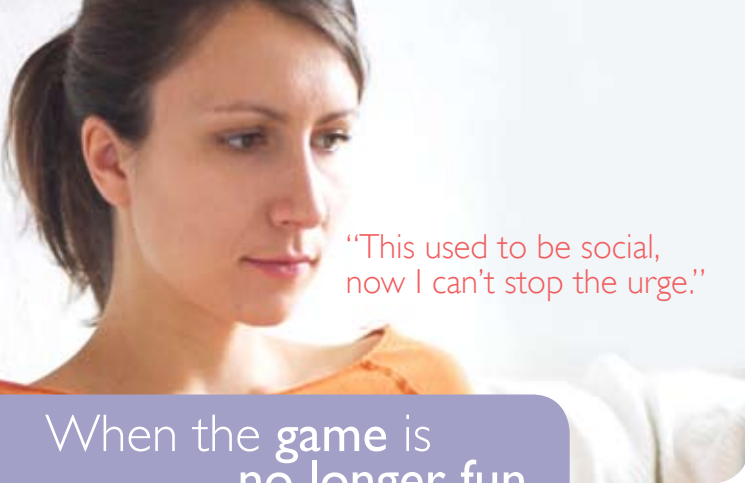


Tasmanian Gaming Commission



Need to take a break from gambling?

How to know and where to go



"This used to be social, now I can't stop the urge."

When the game is no longer fun

Sometimes people can become 'hooked' on gambling. The problem with being obsessed with gambling is that it can destroy your:

- finances
- relationships
- feelings of self-esteem
- employment or study
- mental and physical health.

Ask yourself...

"Do I feel in control of my gambling behaviours?"

"Is gambling a larger part of my life than I want it to be?"

Many people have got control back. Help is available, here are some options:

- telephone support
- face-to-face counselling
- Do-It-Yourself and web-based material
- self-exclusions.

Sometimes people lose the sense that it's only a game. People may look at gambling as a way to make money. When money is lost people may 'chase their losses' and bet even more in an attempt to try to get the lost money back. This can cause a cycle of increasing losses, larger bets and distress. It can lead to problem gambling.

Do you:

- always think about gambling?
- spend more money or time gambling than before?
- borrow money to gamble?
- lie to cover up gambling?
- neglect work, family or friends to gamble?
- gamble to escape life's daily pressures?
- feel depressed, angry or guilty after gambling?



"I feel sick when I realise how much I'm losing..."

Signs of trouble - you, them, him, her...

If so it could be time to think about what gambling means to you, and how it could be affecting your life. Remember, you are not alone. Many people do regain control. Professional support and self-help information is available to assist people to make the changes they want.

You can choose the support that's right for you. The support services are also open to people who have a friend, family member, colleague or patron for whom gambling has become a problem.

"For safe conversations on sensitive issues, avoid any criticism, blame, guilt or moralising. Remember it's the behaviour, not the person, that is the issue..."



"My family and friends stopped counting on me being there, and it hurts..."

Self-exclusion - a practical way to take a break...

Self-exclusion works for people who find it hard to stay away from gambling, hard to leave when they want to, or who spend more time or money than they planned.

Exclusions are easily arranged through Break Even services. All Break Even services are free and confidential. Contact details are on the rear of this brochure.

- Phone the Helpline, a Break Even provider, or ask at the venue.
- Sign the written commitment to stay away for a period of time.
- The decision becomes legally binding for you and the venues.

Friend or family? *A person with a close personal interest in the welfare of another may apply for a third party exclusion.*

If you are concerned about your own gambling, or if you are worried for someone you care about, you can get help or just get answers to your questions through the free and confidential Break Even services.