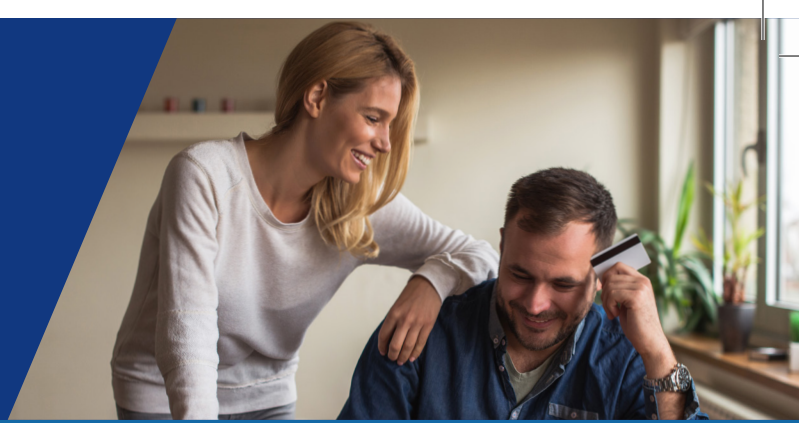


Be gamble aware and gamble more safely



You can build safeguards into your gambling with tried-and-true strategies. How many of these 8 tips could make a difference to you?

Check out gambleaware.nsw.gov.au for lots more practical advice on how to shift your relationship with gambling.

1. Get a handle on how you gamble

Everyone's different. Some people place a bet on the Melbourne Cup once a year. Others bet a few times a week. For some people, gambling is a fun and harmless pastime. For others, it can cause serious problems. So what's your style? Understand your own gambling and what works for you.

2. Set limits on how much you bet

If you're planning to gamble in a casino, club or pub, leave your bank and credit cards at home and only take cash you can afford to lose or are happy to spend.

If you're gambling online, you can set limits on how much you can deposit into your account, minimum time between deposits and how much you can bet.

Your bank can help control what you spend on gambling through spending trackers on banking apps and activity statements, or setting transaction limits.

3. Make sure you're informed

Do your research. You might be surprised to learn the real chances of winning for different types of gambling and what you stand to lose. It helps to learn about gambling on every level.

4. Have a game plan

Set your limits before you start and walk away once you reach them. Don't chase your losses. Set a time limit on how long you want to gamble and stick to it.

5. Don't get caught up in the moment

It can be hard to stop when your friends are betting big and egging you on. Resolve not to get swept along. Stand firm and ignore peer pressure.

6. Use social support

If you tell your friends what your limits are, you'll be more likely to stick to them. Having a support network can help if gambling is becoming a problem for you.

7. Get balance in your life

Balance is important in all aspects of life, so make sure gambling is balanced with other activities. It may be easier to keep the money and time you spend on gambling in check.

8. If you need help, ask

If you're worried about how gambling is affecting you, there's no shame in reaching out. GambleAware is here for you with free, confidential support 24/7. You can talk to someone over the phone, online or in person.

Help is close at hand

No matter how you're affected by gambling – your own or someone else's – GambleAware can help. For free, confidential advice and support, and to find services near you, go to gambleaware.nsw.gov.au or call us on **1800 858 858** 24/7.



GAMBLEAWARE
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GambleAware is funded through the NSW Government's Office of Responsible Gambling. GambleAware's purpose is to work towards zero gambling-related harm in NSW through research, education and support for individuals and communities.