

If you want to talk to someone today  
for information and support call

**GambleAware**  
**gambleaware.nsw.gov.au**  
**1800 858 858**

GambleAware is available any time, 24 hours a day,  
365 days a year.

You can access help confidentially and for free.

You can speak to someone in your language.  
We have counsellors who speak languages other  
than English and interpreters are available.

We support people who gamble – and their  
families and friends.

# Help is close at hand

## Here for you 24/7.

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GPO Box 7060, Sydney NSW 2001

[www.responsiblegambling.nsw.gov.au](http://www.responsiblegambling.nsw.gov.au)

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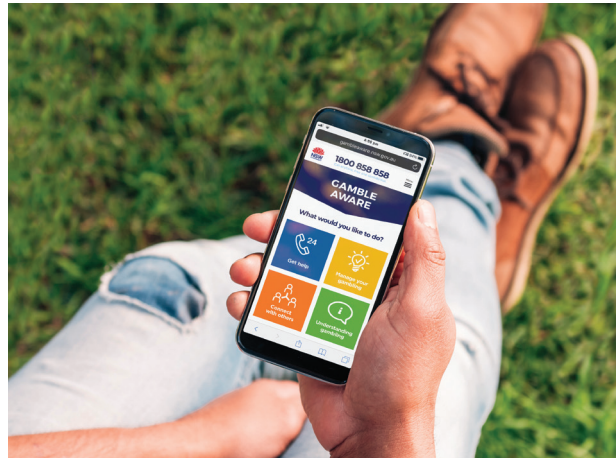
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## What's gambling really costing you?

Most people gamble at one time or another. It may be on poker machines, at the TAB, on the lotteries or at the casino. For many people, gambling is fun, entertaining and causes no harm.

However, for some people, gambling can become a problem. Gambling can come at a high cost - financially, emotionally and personally. Gambling can be harmful for the person who gambles, and their family and friends.



## How do I know if gambling is a problem?

If gambling is causing stress or anxiety, it might be a sign that it's a problem. Other signs that gambling is causing harm are:

- feeling guilty, anxious or depressed about gambling
- losing control of how much time or money is spent on gambling
- withdrawing from family and friends
- trying to win back losses by continuing to gamble
- borrowing money or selling valuables to gamble
- falling behind with bills or signing up for new credit cards
- thinking about gambling every day
- lying about gambling

If you or someone you know is experiencing any of these signs, it's important to reach out for information and support. You can contact GambleAware, a free and confidential service for people who gamble, *and* their families and friends.

It's never too late to get help - you can reach out today.

## Help is close at hand

You can get information and support by contacting GambleAware.

GambleAware has a confidential phone service that provides information, support and referrals. It's available anytime: 24 hours a day, seven days a week. It's a free call - in fact, the number won't even show up on your bill.

If you prefer typing to talking, then 24/7 chat is available at [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au).

There are also GambleAware counselling services across NSW. To find one near you call 1800 858 858 or look up your local service at [www.gambleaware.nsw.gov.au/i-need-support](http://www.gambleaware.nsw.gov.au/i-need-support).

There are specialised support services available for those who identify as Aboriginal and Torres Strait Islanders, and for people who speak languages other than English.

Financial counselling and legal assistance is also available if you're facing financial or legal challenges due to gambling.

If you're not ready to talk to a counsellor, there are options such as self-exclusion from venues or online, self-help resources online at the GambleAware website and a special section for family and friends that outlines simple actions you can take if you're worried about a loved one.

**For more information, or to get support today, call 1800 858 858 or visit [gambleaware.nsw.gov.au](http://gambleaware.nsw.gov.au)**

