

# HOW DO I GET HELP?

## Counselling Services:

Counselling gives clients the opportunity to talk about issues or concerns with a trained professional in a safe, confidential, non-threatening and accepting environment.

Counselling for gambling-related problems offers:

- A professional, confidential and free service
- A thorough assessment of gambling and other related issues
- Information to fit the needs of the client
- Referrals to other agencies and help services where appropriate
- Services for individuals, couples, families or groups
- Support for both the gambling and/or their partners and families
- Culturally appropriate assistance



## Gambler's Help

1800 858 858  
[gamblershelp.com.au](http://gamblershelp.com.au)

Gambler's Help provides free and confidential support in Arabic, Cantonese, Mandarin and Vietnamese. An interpreter can be arranged for other languages on request. Visit [gamblershelp.com.au](http://gamblershelp.com.au) for more information.

If you are deaf, or have a hearing or speech impairment, contact Gambler's Help through the National Relay Service. For more information visit [relayservice.gov.au](http://relayservice.gov.au)

If you would like to chat live with a counsellor online, visit [gambling help online](http://gamblinghelp.com.au). This service is also available 24/7.

Most content of this information sheet comes from the Victorian Responsible Gambling Foundation website. For further information, please visit: <https://www.responsiblegambling.vic.gov.au/>



## Multicultural Centre for Women's Health (MCWH)

is a national, community-based organisation which is led by and for women from immigrant and refugee backgrounds. We are committed to advancing the health and wellbeing of immigrant and refugee women, through our leadership, education and advocacy: our experiences, our stories and our voices.



## The Gambling Awareness Project (GAP)

is funded by the **Victoria Responsible Gambling Foundation (VRGF)** to raise awareness about problem gambling in refugee and immigrant communities across Victoria and promote services available. To maintain these two responsibilities, MCWH offers free in-language community education on gambling-related issues and harm to communities, families and employees and facilitates peer support among the people affected.



For more health information,  
please contact 03 9418 0999  
or [info@mcwh.com.au](mailto:info@mcwh.com.au)

# GAMBLING IS NOT A FAST WAY TO MAKE MONEY



# IS GAMBLING ABOUT SKILL OR IS IT JUST CHANCE?

## CHANCE, SKILL, RISKS AND THE ODDS

Some of these games involve a level of skill while others rely on pure chance.

### Chance-based gambling:

Lottery, Roulette, Bingo, Gaming machine, etc.

### Skill-based gambling:

Races, Poker, Blackjack, etc.

It might take some skill to play some of the games. However, It is important to remember that the odds of winning are always in favour of the house!!!

Gaming machine (or Poker machine) is designed to encourage people to keep playing. The attractive sounds, colourful images and the use of progressive sound all give you the impression that you are about to win. However, it is also a “chance machine” that selects the symbols for each game. Technology controls all aspects of the game from coin or note insertion to determining the outcome of each spin. Hence the outcome of any game is always unpredictable. **YOU SHOULD EXPECT TO LOSE MONEY IN THE LONG RUN BECAUSE YOU CANNOT USE ANY FORM OF SKILL TO BEAT THE MACHINE.**

Not all people who gamble are problem gamblers. Gambling is a problem when it:

- Interferes with work, school or other activities
- Leads to emotional or physical health problems
- Causes financial problems
- Harms the family or other relationships

# WHEN YOU GAMBLE DO YOU KNOW WHAT YOUR CHANCES OF WINNING REALLY ARE?






This table shows the odds of winning on some of the common forms of gambling available in Victoria.

TYPE OF GAME	ODDS OF WINNING	TYPICAL PRIZE
Poker Machines – Getting 5 Black Rhinos on Black Rhinos Machine (Top Prize) (\$1 Bet per line)	1 in 9,765,625	\$5000
Powerball – Winning First Division (Getting all 5 numbers & the Powerball correct)	1 in 54,979,155	\$3m - \$15m
Casino – Roulette (Single Zero) – Winning Straight Up (Correct bet on a single number) (\$5 Bet)	1 in 37	\$180

It is important to remember that no matter what type of gambling you're doing, you should always expect to lose!

## WHAT ELSE COULD I DO?

If you visit the casino once a week and spend 4 hours and \$100 on gambling, at the end of the year, you will spend \$5,200.00 and 208 hours on gambling a year! With the money, you can:

-  Pay money off a personal loan
-  Start a small business
-  Go on a luxury cruise
-  Plan a renovation to your home
-  Install a home theatre system

It even does not include the 208 hours that you could have spent with your family and friends!

# HOW TO IDENTIFY THE SIGNS OF PROBLEM GAMBLING?

Apart from losing money, problem gambling affects a person's whole life and the lives of those close to them. If you're concerned about yourself or someone, look out for these signs:

- Gamble to avoid dealing with problems or disappointments
- Argue with family and friends about gambling or to have an excuse to go out and gamble
- Skip work or study to gamble
- Gamble for longer periods of time than originally planned
- Spend more time gambling than with family and friends
- Gamble until every dollar is gone
- Think about gambling every day
- Lose sleep due to thinking about gambling
- Gamble to win money, not just for fun
- Don't pay bills and use the money to gamble instead
- Gamble to win back money lost by gambling
- Try to stop gambling, but can't.
- Feel depressed because of gambling
- Become moody when trying to stop or cut down on gambling
- Lie or keep secrets about gambling
- Try to increase the excitement of gambling by placing bigger bets
- Borrow money or sell possessions to gamble
- Break the law to get money to gamble

Any one of these things might be a sign that you or someone you know may have an issue with gambling. Even if you're just a bit worried about your gambling or someone else's, it's a good idea to get help sooner rather than later.