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

To get in touch with a local counsellor, please call **Gambler's Help on 1800 858 858 or Gambler's Help Youth-line on 1800 262 376** (from within Australia). These services operate 24 hours a day, seven days a week and are free and confidential. Interpretation service can be arranged for free upon request.

If you would like to chat live with a counsellor online, visit gambling help online. 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

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.

GAP Gambling Awareness Project

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.

Victorian Responsible Gambling Foundation

Gambler's Help

For more health information, please contact 03 9418 0999 or reception@mcwh.com.au

HOW DOES PROBLEM GAMBLING AFFECT MY LIFE?

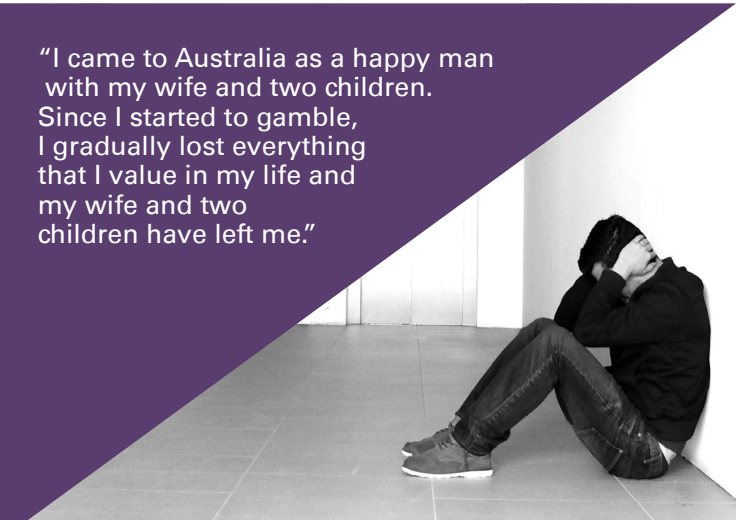
WHAT IS PROBLEM GAMBLING?

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

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

Problem gambling can affect anyone, regardless of age, gender, race or social status. People from immigrant and refugee commu-nities can experience a range of factors that increase their risk of engaging in and developing problems with gambling. These factors include the financial and social stresses, unemployment and underemployment due to mi-gration, traumatic experience before migration, etc.

"I came to Australia as a happy man with my wife and two children. Since I started to gamble, I gradually lost everything that I value in my life and my wife and two children have left me."



HOW CAN GAMBLING HURT ME OR MY FAMILY?

The consequences of problem gambling can severely affect the health and wellbeing of the individual, their family and the community.

Financial:

Reduced spending on recreational activities, bankruptcy, reduced spending on essentials and beneficial items, increased credit debt and selling items to fund gambling

Work or study:

Reduced performance because of tiredness or distraction, absen-teeism due to someone else's gambling, exclusion from study, loss of job and conflict at work

Health:

Stress, depression and reduced sleep due to worry, increased use of health-related services, suicidal thoughts, self-harm and the need for emergency treatment

Emotional or psychological:

Regret, feelings of worthlessness, feelings of failure, extreme distress, vulnerability and worthlessness

Relationships:

Conflict within relationships, neglect of responsibilities, belittlement, threat to end the relationship and actual ending of the relationship

Cultural:

Less time and ability to participate in cultural practices and roles due to gambling. Reduction in the ability to contribute or meet the expectation of a cultural community, and subsequent reduction of connection to the cultural community and social isolation due to this reduced connection

Criminal activities:

Crimes of negligence such as child neglect, crime of duress such as drug trafficking or prostitution to reply debts, and crimes of opportunity including stealing and illicit lending.

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