

Do you recognise any of these warning signs?



Losing all their gambling money.
Do they regularly lose the money they put aside for gambling?



Using money meant for bills.
Have they gambled with money for groceries or everyday bills?



Gambling on credit. Have they skipped a credit card or loan payment or used their credit card to gamble?



Wasting their savings. Have they gambled with money they'd saved for a car, renovations, a holiday or a new home?



Asking friends or family for money. Have they asked you or someone you know to loan them money so they can gamble?



Falling out with friends.
Have they lost friends because they borrowed money or a friend told them their gambling is harmful?



Losing their car or home.
Have they defaulted on a car loan, the rent or their mortgage to gamble?



Risking the trust of loved ones.
Have they lied and lost your trust or even lost contact with their family due to gambling?

Free help and support is available 24/7.

Talking to a counsellor or financial adviser can help you and the person you're worried about address harmful gambling.

- **Call the Problem Gambling Helpline on 1800 858 858.** Free, confidential and available 24 hours a day.
- **Call Gambling Help WA on (08) 9325 6644.** Free gambling and financial counselling services for people affected by gambling and the financial hardship caused by harmful gambling. Interpreters available on request.
- **Visit gamblinghelponline.org.au.** Live chat, email counselling and online resources.

For more info, visit gambleaware.com.au

GAMBLEAWARE

HELP IS FREE
24/7 CONFIDENTIAL



Worried about someone's gambling?

Learn about the **warning signs** of gambling harm and what you can do to help a family member or friend.

GAMBLEAWARE

What is harmful gambling?



Harmful or high-risk gambling is when a person's gambling has a negative impact on their life or the lives of their family, friends or community.

Are you worried about someone?

It can be hard to know what to do or how to help. Here's a rundown of the warning signs of gambling harm.

Practical steps that can help.

If you can get the person you're worried about to recognise the warning signs and accept that their gambling is harmful, that's the first step. After that, there's a range of resources and support available to help.

1. Ask them to take our test

Our online test only takes 30 seconds and can help you have a conversation about harmful or high-risk gambling. Visit gambleaware.com.au

2. Register on BetStop

BetStop (betstop.gov.au) is the national self-exclusion register. It's free and allows people to exclude themselves from all licensed interactive wagering services for anything from three months to a lifetime.

3. Exclude themselves

The person you're worried about can restrict or exclude themselves from gaming venues and online bookmakers.

- **TAB.** Visit rwwa.com.au, search for 'responsible wagering' and check out the options under 'Self-exclusion'.
- **Sportsbet.** Visit responsiblegambling.sportsbet.com.au, then click on 'Taking a break' under 'Tools and strategies'.
- **Crown Perth.** Visit crownperth.com.au and search for 'responsible gambling self exclusion'.
- **Bet365.** Visit bet365.com.au, click on 'Responsible gambling', then 'Self exclusion'.
- **Ladbrokes.** Visit ladbrokes.com, then click on 'Responsible gambling'.

4. Block gambling ads

There's a range of internet browser extensions that block gambling ads on phones and computers. The person you're worried about can search online for an extension or try using uBlock Origin (ublockorigin.com).