

## WARNING SIGNS

- Spending more time or money than intended.
- Arguing with family and friends after gambling.
- Losing and having an urge to return as soon as possible to win back losses.
- Feeling guilty or remorseful about gambling.
- Borrowing money or selling assets to gamble.
- Considering obtaining money illegally to gamble.
- Missing work to gamble.
- Hiding the extent of the gambling.

## SAFER GAMBLING TIPS

- Don't let the game play you.
- Think of gambling as entertainment, not a way to make money.
- Don't gamble to escape stress or boredom.
- Set yourself a limit and don't exceed it.
- Don't chase your losses. Walk away.
- Gamble only what you can afford to lose.
- Never borrow money to gamble.
- Stay in control and think of the people who need you.

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Gamblinghelp  
QUEENSLAND

**It's OK to  
ask for help**  
**1800 858 858**  
**FREE AND CONFIDENTIAL 24/7**

No referrals required

[gamblinghelpqld.org.au](https://gamblinghelpqld.org.au)

**“When  
gambling  
took over...”**



Watch their stories at  
[gamblinghelpqld.org.au](https://gamblinghelpqld.org.au)

Gamblinghelp  
QUEENSLAND

 **Queensland  
Government**

## GIVE YOUR GAMBLING A HEALTH CHECK

Think you have issues with gambling?

Answer these questions:

Sometimes I've felt depressed or anxious after a session of gambling.

☐ YES ☐ NO

Sometimes I've felt guilty about the way I gamble.

☐ YES ☐ NO

When I think about it, gambling has sometimes caused me problems.

☐ YES ☐ NO

Sometimes I've found it better not to tell others, especially my family, about the amount of time or money I spend gambling.

☐ YES ☐ NO

I often find that when I stop gambling, I've run out of money.

☐ YES ☐ NO

Often I get the urge to return to gambling to win back losses from a past session.

☐ YES ☐ NO

I have received criticism about my gambling in the past.

☐ YES ☐ NO

I have tried to win money to pay debts.

☐ YES ☐ NO

If you answered 'Yes' to **four or more** questions, gambling may be causing you problems.

Adapted from the 'Eight' Gambling Screen—Early Intervention Gambling Health Test, developed by Sean Sullivan, Goodfellow Unit, Auckland Medical School

## HELP IS AVAILABLE

Gambling Help services provide free counselling, support and information to gamblers and their partners, family and friends.

### COUNSELLING SERVICES

Telephone and online support is available 24 hours, 7 days a week.

Face-to-face counselling is offered via Gambling Help services during business hours.

### CONSIDER BANNING YOURSELF FROM GAMBLING

If you feel you're getting in over your head, speak to a venue's customer liaison officer about banning (excluding) yourself. Gambling Help services can also help you exclude from gambling venues.

For information about excluding yourself from sports betting providers, please contact the providers directly.

## GAMBLING HELP QUEENSLAND WEBSITE

If you, or someone you know, is experiencing gambling harm, visit [gamblinghelpqld.org.au](http://gamblinghelpqld.org.au) for useful information and tips.



### REAL LIFE STORIES

Listen to real people talk about how they overcame issues with gambling.



### FRIENDS AND FAMILY

Advice on starting a conversation with someone who may be experiencing harm from their gambling. There are also frequently asked questions from family and friends.



### UNDERSTANDING GAMBLING

Information on where gambling harm starts and understanding the urges to gamble.

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For access to an interpreter in your own language call **131 450** and ask to be connected to the Gambling Helpline