

Do any of these **warning signs** look familiar?



Losing your gambling money.

Have you lost the cash you put aside to gamble?



Using money meant for bills.

Have you gambled with money for groceries or everyday bills?



Gambling on credit. Have you skipped a credit card or loan payment or used your credit card to gamble?



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



Asking friends or family for money. Have you asked someone to lend you money so you can gamble?



Falling out with friends.

Have you lost friends because you borrowed money or they told you your gambling is harmful?



Losing your car or home.

Have you defaulted on a car loan, your rent or mortgage so you could gamble?



Risking the trust of loved ones.

Have you lied and lost the trust of your loved ones or even lost contact with your family due to gambling?

Are you concerned about your gambling?

Help is a call or click away. Contact any of these free support services for confidential help and advice.

- **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.** Make an appointment for free gambling and financial counselling services. 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



What are you gambling with?

Spare cash?
Grocery money?
Your rent, savings or credit card?
The trust of your friends and loved ones?

If you're risking too much, **free support** is available.

GAMBLEAWARE

What is harmful gambling?



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

Is your gambling harmful or high-risk?

See if you recognise any of the warning signs opposite. Alternatively, visit gambleaware.com.au and take our 30-second test to find out if it's time to take action and ask for help.

How you can take control.

1. Register on BetStop

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

2. Exclude yourself

You can restrict or exclude yourself 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'.

3. Block gambling ads

There's a range of internet browser extensions available that prevent gambling ads from appearing on your phone or computer.

Search online for an extension for your browser or try using uBlock Origin (ublockorigin.com).