



Reset: how you think about gambling

What is Reset?

Reset is a new app for people wanting to quit or cut back on their gambling.

Using cognitive behavioural therapy and motivational interviewing techniques, Reset allows people to reflect on why they gamble, set goals, manage urges and track their progress.

Reset can be used in conjunction with therapeutic counselling to reinforce, or further explore, strategies and insights. Or it can be used as a standalone self-help tool – a discreet and convenient way for people to begin their journey towards recovery.

Reset is:

- a self-directed, self-help tool
- based on the latest clinical research
- free and confidential
- accessible through any computer or mobile device.

How does Reset work?

Reset contains six modules, each with interactive activities, videos, insights and practical advice.

1. **Getting started**
2. **Getting ready**
3. **Taking control**
4. **Taking action**
5. **Managing urges**
6. **Maintaining change**

The **Getting started** module asks a series of questions to determine the severity of an individual's gambling harm and establish a baseline from which to set goals.

People can follow the recommended series of activities in the **My program** section of the app or explore the modules of most interest or relevance to them.

Counsellors can recommend Reset modules and activities to clients or encourage them to explore the program on their own.

NOTE: Reset is not a clinical diagnostic tool. The **Address book** section of the app lists counselling and support services for people who want to speak to someone about their gambling.

Reset can help people to:

- understand their triggers
- manage urges and stay on track
- maintain change and learn from lapses
- record and track progress
- access other support services.

Development of Reset

Reset is based on **GamblingLess**, an online cognitive-behavioural program for disordered gambling developed by Australian researchers.

The app has been funded and developed by the Victorian Responsible Gambling Foundation with the support of leading clinical researchers from Deakin University.

Over the course of its development, stakeholder engagement and testing have ensured Reset is easy to use and reflects the same principles and clinical approach as counselling.

Evaluation

Reset gives individuals the option to take part in a 30-minute survey about their experiences using it. An independent team of researchers will also evaluate the app's effectiveness in helping people to cut back on or quit gambling.

Next steps

Following a 12-month evaluation period, the Reset team will explore options for:

- improving the app
- making it available in other languages
- tailoring it for First Nations and other priority communities.

Accessing Reset

Reset is available to download from app stores and ResetApp.com.au.



Or access it by scanning the QR code below.



The Gambler's Help platform

The Gambler's Help platform houses the Foundation's **Reset** and **100 Day Challenge** apps.

Access to both is through a single account. The apps are free, confidential and use a single username and password.



**DAY
CHALLENGE**

The **100 Day Challenge** offers people alternative activities to gambling and encourages them to focus on other aspects of life. One of the most popular features of the app is the online community forum.

For support, questions or feedback, contact:

Reset:
reset@responsiblegambling.vic.gov.au

100 Day Challenge:
100dc@responsiblegambling.vic.gov.au