

WHEN WE
TALK. SHARE. SUPPORT.
WE CAN START TO
REDUCE GAMBLING
HARM IN OUR
COMMUNITY.



**GAMBLING
HARM
AWARENESS
WEEK** 8 - 14
OCTOBER 2018



Victorian
Responsible
Gambling
Foundation



LET'S **TALK** ABOUT THE HARM GAMBLING MAY CAUSE.

Talking is the first step in reducing gambling harm in our community.

LET'S **SHARE** OUR STORIES ACROSS THE COMMUNITY.

Sharing how gambling is affecting you, or those around you, makes it easier to deal with.



LET'S **SUPPORT** EACH OTHER MORE.

Supporting each other can make a difference – the best support you can give someone is to listen to them.



WHAT IS GAMBLING HARM?

Harm from gambling isn't just about losing money. Gambling harm can affect your wellbeing including: self-esteem, relationships, physical and mental health. Each of these harms feels small, but over time they can start to build up. You may not even notice that they're increasing, or that gambling is causing them. It can happen to anyone.

- Talk to us on 1800 858 858 or visit gamblershelp.com.au
- Talk to your local health professional or if you feel comfortable, a family member or friend.

THIS OCTOBER 8-14, **TALK. SHARE. SUPPORT.**
LET'S PREVENT GAMBLING HARM TOGETHER.



responsiblegambling.vic.gov.au/harmweek

