



TOGETHER WE
CAN REDUCE
GAMBLING HARM
IN OUR COMMUNITY

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



Victorian
Responsible
Gambling
Foundation

LET'S YARN ABOUT GAMBLING.

Yarning is the first step in making gambling safer in our community.

LET'S SHARE OUR STORIES.

Sharing our stories helps us understand how gambling can cause harm

LET'S LOOK OUT FOR EACH OTHER & OUR COMMUNITY.

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

WHAT IS GAMBLING HARM?

Gambling doesn't just cost us money. Too much pressing or betting can cause us to feel alone and physically unwell. Gambling harm can cause stress and arguments, and hurt our families and friends. These things may start small but over time they can build up. You may not even notice that playing the pokies or betting is hurting you at first.

It can happen to anyone.

- Talk to your aboriginal health service or have a yarn with a family member or friend.
- Chat to a health professional on 1800 858 858 or visit gamblershelp.com.au

LET'S REDUCE GAMBLING HARM TOGETHER.

responsiblegambling.vic.gov.au/harmweek

