

Central Coast
Problem Gambling Service

Gosford • Woy Woy • Berkley Vale • San Remo

Phone: **4344 7992**

*Funded by the NSW State Government through
The Responsible Gambling Fund*

*Good
Gambling
Guide*

**having fun...
without harming yourself or others**

Good Gambling means having fun... without harming yourself or others

Good Gamblers understand that gambling is just a form of entertainment and like most things in life; you generally have to pay to for it.

Good Gamblers gamble for the fun of it, they don't depend on winning.

They appreciate that NSW clubs give over \$50 million a year to the community and that gambling in this state provides employment to around 26,000 people.

Good gamblers know that to do this, the industry needs to make a profit.

They accept that gambling activities need to be profitable and that these profits come from gamblers.

Good Gamblers take responsibility for how much they spend on gambling.

Good Gambling means not letting gambling harm these areas of your life:

- Relationships
- Financial
- Health
- Career
- Emotional
- Spirituality

If gambling is having a negative affect in any of these areas, you might ask yourself, "Is gambling still fun, or is it becoming a problem?"

The Big Picture

Most people *are* Good Gamblers. Only around 2.5% of the Australian population get into trouble with gambling and the large majority of these people get beyond the problem.

Good Gamblers can appreciate a flutter on the pokies while heeding the warning from the Australian Gaming Machines Manufacturers Association: *"People who play gaming machines to increase their income are either misinformed about the nature of the machines or just plain foolish."*

The majority of people have fun with gambling because they have a more realistic understanding of it.

To be a Good Gambler you need to be realistic about your chances, and honest about why you're gambling.

Gambling has been a large part of our Australian history and most of us consider it an enjoyable pastime. However, if left unchecked it can become a problem with devastating consequences.

Problem gambling affects people from all walks of life. However; men aged from 18 to 24 are more likely to get into trouble.

\$11 million each year from gaming in NSW goes towards helping people with gambling related problems.

There is qualified professional help available for anyone who is affected – and it's free.

What if you're affected by someone else's gambling?

It's easy to get hurt when someone close to you gambles excessively.

Offering assistance is difficult if they deny that there's a problem. Doing so requires a strategy and a great deal of patience. To help them to take responsibility takes 'Tough Love' – being firm, fair, calm and consistent.

Here are some tips to help deal with the situation.

Before anything, look after yourself first! Keep your finances and assets secure, and keep yourself emotionally safe – get informed advice and helpful support.

Don't lend them money or pay their bills. Remember, it's their problem – don't make it yours. The gambler will always play while ever someone else pays.

Be honest and clear, not critical, about how their gambling affects you. Ask them if they are concerned. Don't criticise or shame them.

Don't make excuses or cover for their behaviour. Nothing will change until they take responsibility for what they're doing.

Carefully decide on the limit of what you'll tolerate, and let them know what to expect if they breach your limit. Be prepared to follow through with what you've proposed.

You may need to let them take a fall, but don't expect their rock bottom to be the same as yours. This is the most difficult strategy - but experience will be their best teacher.

Call **Central Coast Problem Gambling Service** on **4344 7992** .They provide free assistance and can help you with any issues you may have.

Call G.Line on 1800 633 635 for 24 hour assistance

*If you gamble too much,
feel bad about it, and chase your loses,
you are in the.....*

Problem Gambling Cycle

Research has discovered that there are 3 main factors that contribute to problem gambling:

- Mistaken beliefs about the chances of winning and losing
- Gambling to escape stress
- An impulsive nature

If you are unaware of the odds against you, if you look to gambling as a way to avoid or answer problems, and you have an impulsive nature, you are at high risk of having a gambling problem.

Many problem gamblers use gambling to supplement an unsatisfactory life situation.

Is the cycle below a familiar pattern in your life?



Some differences between Problem Gambling and Good Gambling

Problem Gambling beliefs:

"I'm lucky" or "Today's my lucky day"

"A near miss or a run of loses means I'll win soon"

"If I keep playing I'll eventually get my money back"

Problem Gambling intentions:

To win money or chase losses

To escape stress or fix a problem

Problem Gambling behaviour:

Don't set money & time limits for gambling or don't stick to it

Keep secrets and are deceptive about gambling and money

Good Gambling beliefs:

"I accept that the odds are in favour of the house"

"The chances of my next win have nothing to do with any previous bets"

"The longer I play, the higher the odds are against me – it's simple mathematics"

Good Gambling intentions:

To have fun regardless of winning or losing

Never gamble when stressed or gamble to fix problems

Good Gambling behaviour:

Know how much time & money they are willing to spend and stick to it

Are open and honest - true to themselves and others

You may be unsure whether gambling is an issue for you or not

You may choose to not do anything about it just yet, or like most people, you may prefer to manage your gambling without assistance and just want some simple strategies to help you get back on track.

Central Coast Problem Gambling Service can assist in whatever way you'd prefer. It's a free, confidential service staffed by qualified professionals, who help you decide on your best options.

A '**Gambling Check-up**' is available for those who may be wondering whether or not they really want to do something about their gambling. We can assist you in making your own decision, based on your own values, without judgement or any obligation.

If your privacy is a concern for you, we can ensure anonymity by conducting a phone consultation without taking your name. Simply call **4344 7992** to arrange your appointment.

From there you can decide on your best options.

Where to go for help

Help with gambling

Central Coast Problem Gambling Service Gosford • Woy Woy • Berkeley Vale • San Remo	4344 7992
G.Line 24 hour phone counselling	1800 633 635

Help with financial matters

Lifeline Central Coast 15 Cary Street Wyoming	4323 6105
San Remo Neighbourhood Centre 28 Brava Road San Remo	4390 7888
Credit & Debt Hot Line	1800 808 488

Help with legal matters

Wesley Community Legal Service 15 Belvoir Street Surry Hills	9951 5569
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How's your form?

Would you back yourself? Most horse punters carefully study the form guide so that they can be well informed on what to back. The more 'mail' you have, the better your chances.

Good Gamblers study their own form as well. If you studied your form based on the information in this booklet, would you back yourself as a Good Gambler, or are you a bit of a risk?

If you have studied your form, and you're not a risk - congratulations! You participate in gambling in a way that is balanced and realistic. It's a good form of entertainment for you.

Want a tip

If you think your gambling is becoming a problem, here are some tips to keep you out of trouble:

Financial Strategies

- Ask the venue about Self-Exclusion from gaming areas
- Only carry small amounts of cash – an amount you wouldn't bother gambling with
- Leave your plastic cards at home
- Get someone you trust to hold your plastic cards
- Direct debit all bills before you can make a withdrawal from your account
- Set up an account that requires 2 signatures to make a withdrawal

Personal Strategies

- Be true to yourself and others about your gambling
- Call G.Line 1800 633 635
- Share your concerns only with those you truly trust
- Seek out helpful support – see next page
- Never use gambling as mean of solving or avoiding problems
- Act on problems in a productive way