

Central Coast Gambling Service

CHANCE..NEWSLETTER

WINTER 2011

'GAMBLING DOESN'T HAVE TO BE A PROBLEM'

Take a CHANCE and create the life you want:

- Gambling Free
- Health and Wellbeing
- Strong Relationships
- Elevated Self Esteem
- Fulfillment
- Bright Future
- Happiness and Inner Peace.
- Self Worth

Come and explore the possibilities:

- Gambling Check Up
- Self Exclusion
- 1-1 Counselling
- Treatment Plan
- Strategies for Change
- Group work for gamblers & family/friends.
- Continued Support
- Education



We are here to assist you now.....43 447992'

"Total absence of humour renders life impossible." ..Sidonie Gabrielle Colette.



Responsible Gambling Awareness Week

Responsible Gambling Awareness week was held from May 23th until May 29th. Local gambling services displayed signage and give away bags filled with items to promote responsible gambling awareness in The Central Coast Leagues Club, Gosford and Mingara Recreation Club, Tumbi Umbi, making it a collaborative effort across the coast between Central Coast Problem Gambling Service, Unifam and Wesley.

Statewide agencies and services also promoted responsible gambling awareness. This event raises community awareness about problem gambling and responsible gambling practices. It also provides information about resources and free gambling treatment services through Gambling Help on 1800 858 858

The Central Coast Problem Gambling Service supports responsible gambling and works with our clients to develop strategies, goals and outcomes that are beneficial as well as workable, so clients can progress toward a life free of debt and financial crisis. Problem gambling statistics are actually real people who are experiencing the 'issue' as confusing and traumatic. We offer assistance to the problem gambler, family and friends and provide therapeutic counselling, relapse prevention, education and support. Ph: 43 447992 or access the web www.problemgambling.net.au.

The Aboriginal Health and Medical Research Council of NSW (AH&MRC) has developed the "Let's Talk Gambling" website to provide Aboriginal people with information and resources regarding responsible gambling.

The URL for the website is: <http://www.ahmrc.org.au/gambling.php>

Multicultural Problem Gambling Service for NSW 1800 856 800.

If gambling is a problem for you or someone you care about contact gambling Help on 1800 858 858 or visit www.gamblinghelp.nsw.gov.au for information and assistance.

gambling **HELP**
phone * Face to Face* ONLINE
1800 858 858
www.gamblinghelp.nsw.gov.au

**Multicultural Problem
Gambling Service**

1800 856 800

Strategies to assist Problem Gamblers

Family & Friends.

Problem Gamblers:

- Recognise urges and challenge yourself to “self talk” through it.
- When feeling stressed talk to a friend/counsellor.
- Be honest with yourself and take responsibility for your actions.
- Do not manipulate loved ones/friends to gain money.
- Consider self exclusion.
- Avoid using credit cards and key card at the ATM for extra cash.
- Carry minimal money.
- Leave key/credit cards at home or with your partner.
- Check out your thoughts and feelings a couple of times a day; are you coping? If not seek assistance or phone Gambling Help 1800 858 858.
- Do not go into gambling venues alone or with friends who gamble.
- Keep working with your counsellor to overcome problem gambling and relapse.
- Stopping gambling and changing your life is possible. You can do it!
- Self care by relaxing, socializing with friends, meditating, exercising.

Family & Friends:

- Take control of all money and paying bills, be aware of credit cards and bank accounts. Use double signatures for withdrawals.
- Give emotional support not financial, no bail outs.
- Do not use emotional blackmail or guilt to gain control.
- Encourage without nagging.
- Attend counselling together.
- Realize recovery can take time and there may be relapses.
- Learn and understand the cycle of problem gambling and why escapism occurs.
- When feeling vulnerable talk to a friend or counsellor.
- Take responsibility for your words and actions.
- Self care by taking time for yourself to relax and unwind and allow the gambler to take control of his/her behaviour.

Holder of Truth.

“Every human being struggles with the power of truth, whether it is speaking the truth, honoring the truth, facing the truth, hearing the truth, or bearing witness to the truth. Truth is a deal-breaker and a game-changer in every aspect of life, but most certainly when it comes to relationships with others and even with how you talk to yourself. The truth is, the relationship you have with yourself is your “core” relationship from which all other relationships derive their position of health. If you are not honest with yourself, for example, you cannot be honest with another person. It is simply not possible. If you lie to yourself about anything, you can only lie to others. The lies you tell yourself are the lies you tell others. Someone who speaks the truth to him or herself will speak the truth to others.” (Carolyn Myss, taken from her article Examining the Witness Archetype. 2010.)

One of the hardest things to do is tell the truth. When we say it is better to tell a little ‘white lie’ than hurt someone’s feelings who are we really protecting? If you ask for the truth, you need to prepare yourself for something that may be difficult to hear and own; as individuals can be very ‘colourful’ in the way they present the truth. So is it their version of their truth or an actual account of events without interpretation or embellishment?

To be the holder of truth is a precarious balancing act. A feeling of juggling fragile glass orbs whilst walking a tight rope, the truth being the orbs; how long can they stay in play before dropping, or taking an awkward step on the tight rope, then falling, perhaps becoming victim to others who ‘will’ you to fall, hoping the truth will be shattered or broken into splinters that cannot be recovered, falling silent, unchallenged, buried, hopefully forgotten once more. A pseudo comfort zone; the realm of the unconscious, perpetual darkness.

Does the holder of truth have an obligation to speak it? This can be a lonely existence as some will reject or shun you for imparting words that touch emotional or long hidden agendas, turning them from a trickle into a ragging torrent. Does the fear of rejection hold the truth back? Why does the truth need to be told? Fear can rise and swamp the truth, covering it. It takes courage and a keen sense of Self to be the bearer under duress. Does the truth need to be told? This depends on the moral, just and honorable self. If the answer is yes it does, the teller is taking a huge risk by shining light into dark spaces where delusion, lies, fear and shame lurk; illuminating these in order to bring change, for the betterment of self, another, others.

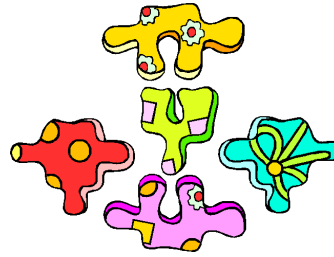
Revealing the truth depends on the relationship you want with yourself. How conscious you wish to become? You must choose. The task can be arduous but the rewards can bring freedom and peace. It may require you to let go of outmoded ways of being and thinking and take hold of something new in order to move forward. The truth, if we can embrace it and hold onto it is for soul growth and change. “Do we have the courage to truly WITNESS and see the truth of what is happening in our society and speak up truthfully? That is the real meaning of what we call “becoming conscious.” (Carolyn Myss 2010).

Bronwyn Schwetz.



Bringing the Pieces Together....

Financial Counselling and Problem Gambling



It is vital at times that problem gamblers work closely with a financial counsellor. Expertise is often required as clients struggle to overcome and navigate through a minefield of financial worries and debts. Financial counselling can relieve pressure and stress and assist with communication between financial institutions, debt collectors, credit card providers, employers and family members.

Fiona understands the issues arising from problem gambling, financial loss and hardship. Her sessions are held in a confidential setting and respect for the client is paramount. She maintains a highly efficient service and is caring and supportive within her role.

Our service works closely with Lifeline Central Coast financial counselling, referring clients and drawing from Fiona's expertise when necessary.

Clients can self refer by ringing Lifeline on 43236105 and request an appointment.

Mental Health Line



NSW Health has introduced a new Mental Health Access Line across NSW. Being promoted as the Mental Health Line 1800 011 511 (previously Central Intake). It is not an emergency service. For this service please phone 000. (taken from flyer CCMHS).

When you need someone to listen call:

Lifeline

13 11 14