



If you wish to talk to
a financial counsellor
about any of these
issues call

1800 007 007



Financial tips to help when someone in your life is gambling

Do:

- Try to be supportive, especially if they are trying to get help
- Collect as much information as you can about the financial situation before making any decisions
- Refer to 'Tips to assist you regain control' and discuss what strategies may be useful
- Consider if/how assets can be protected. You may need specialist financial counselling or legal advice for this
- Seek support and counselling for yourself. Gamblers' Help services are for anyone affected by gambling.

Don't:

- lend the person who is gambling more money
- give them money to pay bills that are their responsibility
- take responsibility for anyone else's debt by signing as a co-borrower or guarantor on loans. If you are thinking about this it is essential to get financial and/or legal advice first.

Seek help from a qualified financial counsellor. Financial counsellors can assist couples or individuals with:

- A full money plan including how to set up bill payments
- A debt recovery plan (if needed)
- Information and referral about asset protection matters