



If you wish to talk to
a financial counsellor
about any of these
issues call
1800 007 007



Strategies for protecting assets for people affected by gambling

Consider the following suggestions:

Credit:

- Lowering limits on credit card(s) or cancelling your credit card(s) and make an arrangement to pay off the balance
- Putting a warning notation to creditors on your credit file; this can limit your access to certain types of credit

General banking:

- Only allow limited access to funds, by reducing the amount you can withdraw per day—only carry a small amount of money with you each day
- Stop your access to ATMs/EFTPOS (consider wrapping up money/ putting money in fridge/safety deposit box etc to delay or prevent access)
- Do not have access to redraw facilities, overdrafts or to lines of credit—cancel these if you have them

Property:

- Place a caveat on your own property to warn against anyone granting a mortgage loan—you will need legal advice to do this
- Give valuables to a trusted friend to avoid pawning them.
- Transfer title of your home into your spouse's name
- Draw up Family Law consent orders. You will require a lawyer for this.

Budget/Money Management:

- Have wages paid directly into an account that you need another person's signature to access, and that does not allow you to withdraw cash— either directly or via transfer to an account
- Allow a significant other person to have your wages paid into their account

money Safe

GAMBLING SERIES® 4



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care inc.

*This leaflet is adapted by Care Inc.
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Budget/Money Management continued

- Organise all bills, accounts and loan repayments to be paid by direct deposit and make sure there is a way funds can be directed into this account without your access. A financial counsellor can help you explore which account offers you the most protection.
- Purchase gift cards to use for food and clothes—rather than accessing money from accounts
- Put savings into bonds, superannuation or a pension fund so they cannot be accessed
- Handover the household budgeting to a spouse—but still assist where possible and appropriate.
- Tell family/support people not to lend you money
- Give valuables to a trusted friend to avoid pawning them
- Stick to a strict budget (which balances your needs in recovery)
- Protect your children's funds—make sure you are not the trustee and do not have access to withdraw their money from savings accounts
- Have a trusted friend/partner hold your cards/access to accounts and accompany you when you need to make payments—do not bully, bribe or try to persuade them into breaking the deal—you have an agreement to let them help you!
- Have a trusted friend 'hold' your emergency money. Have an agreement on what is to be considered an emergency and when or if you can ask for the funds back

Get help

- See a financial counsellor
- See a problem gambling counsellor
- Get mental health support if appropriate
- Engage in self-help
- Engage in therapeutic alternatives
- Understand your triggers and plan for them—a problem gambling counsellor can help
- Do not take on roles where you have access or responsibility for other's funds—eg club roles, handling cash, access to funds via work responsibilities, body corporate management involvement etc)
- Avoid the company of other gamblers
- Avoid gambling venues/sites/access
- Formalise self-exclusion from gambling venues