



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

**1800 007 007**



**care inc.**

## Information for family members

- 1.** It's normal to feel hurt and betrayed by someone's gambling so it's important you protect and care for yourself. You could try talking with a Gambler's Help Counsellor (1800 858 858) or using Gambling Help Online (<http://www.gamblinghelponline.org.au/>) to help you explore how you are feeling and to work out some strategies for you to support the gambler while minimizing any impact on your own life.
- 2.** Trying to take control of the gambler's life or 'rescue' them won't work. They need to be able to find ways to resolve their gambling issues so providing information and support is more helpful in the longer term. It's also important that you try to maintain your life as normally as possible.
- 3.** Although it may be tempting to relate to the gambler as a 'protective parent', it's important to avoid this and to relate to the gambler as an equal.
- 4.** Continue to do things that you enjoy and try to avoid being 'sucked into the gambler's world'.
- 5.** It's normal to have a range of feelings about someone's gambling. If you want to communicate how you feel to the person who is gambling, it's important to do this when you're calm. Perhaps try 'role-playing' what you would like to say with a gambling counsellor or support person. You might need to air issues such as how their gambling is affecting you. People who gamble sometimes lose relationships and trust as well as homes and money.
- 6.** Do not lend the gambler any money or pay their debts. Allow them to take responsibility for their actions. If the situation is desperate, consider providing some groceries or other necessities rather than cash.
- 7.** Maintain separate bank accounts where possible.
- 8.** Seek legal advice or financial counselling (1800 007 007) to explore your options and to discuss strategies to protect your interests.