

THANK YOU

for participating in a
**Be Ahead of the
Game** workshop.

Facts about gambling



Victorians lost **\$5.06 billion** to gambling in one year (from 2020 to 2021).



Gambling harm can be experienced by the **person who gambles**, as well as the **people around them**.



Gambling can cause you to **miss out** on things you want or need.



Gambling is an easy way to **lose money**, not make money.



Around **948 gambling ads** appeared on free-to-air TV daily in 2019.



Gaming contains **gambling elements** designed to keep you playing longer and spending more.

Signs of gambling harm

Signs someone may be struggling with gambling issues include:



becoming withdrawn from others



borrowing money more than usual



regularly short of money



performance at school or work affected



changes in personality – sleeping, eating, interest in usual activities and friends



being secretive, lying, unexplained absences.

Information and support

Gambler's Help Youthline

Free, confidential, 24/7 support and advice for under 25s.
Visit www.gamblershelp.com.au/youthline or call **1800 262 376**.

Kids Helpline

Free, confidential, online and phone counselling service for young people aged 5 to 25. Available 24/7, for any reason.
Visit www.kidshelpline.com.au or call **1800 55 1800**.

eSafety

Information and tips to stay safe online.
Visit www.esafety.gov.au/young-people.

MoneySmart

Information and resources to manage your money and finances.
Visit www.moneysmart.gov.au.