

Supporting those close to you:

How to look after yourself after gambling harm

What can I do to look after myself?

Finding out that someone you care for has been gambling can cause you many different feelings; and it's completely understandable.

You can feel overwhelmed, frightened, betrayed, shocked, worried, angry and depressed. You may think that you can't trust them again, that your relationship with them has been damaged beyond repair.

People gamble for lots of different reasons that a support person may not know or understand. You do not need to know or understand why someone gambles to support them. Don't keep asking yourself why? Why don't they stop?

Getting help and support for yourself and looking after yourself is as important as trying to support the person who is gambling.

"Not everyone's ready for change. You need to try and change what you have the power to change"

Empowering yourself

- Make sure you have control over your finances and assets.
- Talk to someone you trust about your concerns, don't keep it a secret.
- Create boundaries to manage the person's expectations about your involvement. You might tell them that you will not lend them money for gambling or gamble with them.
- Make time to look after yourself e.g. diet, exercise, relaxation, stress management, and sleep.
- Be ready for setbacks.
- Restricting the person's access to money can reduce the consequences of a lapse as they progress towards recovery. Recovery from harmful gambling takes time and can take many tries.
- When a person has the urge to gamble, they may act out of character or even become aggressive. Make sure you are keeping yourself safe when talking to them about their gambling.
- If you don't know how they will react, seeking professional can help you find out the best way to start a conversation about gambling.



What can I do to look after my kids?

Children can experience gambling harm in many ways too. This may include missing out on school excursions, going without breakfast or lunch, not being able to spend time with friends, stigma and withdrawal from friends.

- Talk to them to help them feel safe and secure. Talk to them in a way that is appropriate for their age, maturity and understanding.
- Let them lead asking the questions and answer, as appropriate.
- Continue family routines, after-school extra-curricular activities, connections with friends and peers.
- Reassure them that it's not their fault that the person is gambling.
- Try not to have children overhear discussions or arguments with the person about their gambling.
- Ask for professional help, like from a school counsellor, to support you and your young family member.

"You may not be able to change their gambling, but you can be realistic about what you do next; seek information and support."

Need more information?

Scan the QR code for more information on how to support your family, friends or anyone close to you who may be affected



Visit the
Gambling Harm
Support SA
website

Need more support?

Phone and online counselling services are also available to anyone. These services can offer support and information to help support you or someone you care about.

Gambling Helpline

 1800 858 858

Gambling Help Online

 gamblinghelponline.org.au