

WHERE TO GET SUPPORT: WOMEN'S GAMBLING

Help is available, you are not alone

Support is available for women who are worried about their gambling or the gambling of someone close to them. You deserve safe, non-judgemental help that respects your choices and your privacy.



TYPES OF SUPPORT



Confidential help

Talk to someone who understands.
Services are private and free.



Information and resources

Learn more about gambling, harm
and how to take control.



Counselling

One-on-one support for you
and your situation.



Community support

Connect with others and build
a support network.



Support for affected others

Help for family and friends who are
impacted by gambling.

WHERE TO START



Call Gambling Help Online

1800 858 858

24/7 nationwide support
for anyone affected by gambling.



Visit gamblinghelponline.org.au

Information, chat and
online support options
available 24/7.



Local services

Search for counsellors and
support services in your area.
Ask your GP for a referral.

YOU ARE NOT ALONE



Many women feel overwhelmed, ashamed
or unsure where to turn. Reaching out is
a strong and brave first step.



Support is about helping you feel safe,
in control and supported.



There are people who care and
services that can help.



WHAT YOU SHOULD EXPECT WHEN SEEKING HELP

- ✓ You will be listened to without judgement.
- ✓ You can take things at your own pace.
- ✓ You will be supported to explore your options.
- ✓ Your privacy and safety are respected.



If you don't have a positive experience
when seeking help, it's important to go
somewhere else and not give up.
You deserve the right support for you.



KEY TAKEAWAY

Support is available and you deserve to feel better.
You don't have to face this alone.



Gambling Harms Women Too
Addressing the normalisation of gambling for women



This fact sheet is based on a range of
research exploring how gambling can
be normalised in women's daily lives
and the importance of accessing
respectful support.