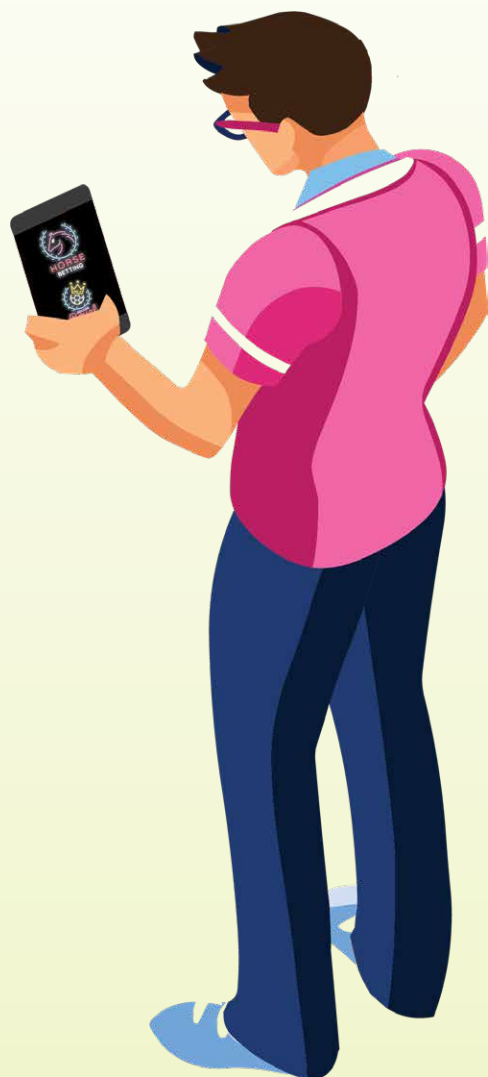


Online gambling tips



Relationships Australia
SOUTH AUSTRALIA

Gambling on your smartphone or online is easy – but is it good for you?

Online gambling is a tricky business because it:

- can be done *anytime* and *anywhere*
- is easy to *lose track of time* when gambling online
- distracts you from your important *relationships and responsibilities*
- can take away *money that you need for essentials* like food, clothing and rent
- exposes you to *persuasive promotions and special offers* from online gambling providers enticing you to gamble more
- might be an illegal, international gambling website and, if anything goes wrong, you will have *no legal recourse*
- sets a poor example for young people who look up to you.

Need some support?

A lot of people who have struggled with online gambling find it useful to talk to us.

If you'd like to talk about your online gambling habits, we offer a free, confidential and tailored counselling service that focuses on **your** goals.

Find out more or make an appointment:

Call us on 1800 934 196 | Email gamblinghelp@rasa.org.au |
Visit <https://gamblinghelpsa.org.au>

Funded through
the Gamblers
Rehabilitation Fund



aha|sa
Australian Hotels Association (SA)

SKYCITY
ENTERTAINMENT
GROUP



Government of South Australia
Department of Human Services



Tips for online gamblers

If you are struggling with online gambling, you can:

1. Use a gambling block app, such as Gambling/Bet Blocker or Gamban
2. Find a way to restrict your access to money
3. Ban yourself from Australian online gambling sites
www.cbs.sa.gov.au/news/changes-barring-services
4. Feeling worried? Get help early by making a appointment to focus on your goals.



Relationships Australia South Australia
Gambling Help Service