

Know the signs of gambling harm. Are they part of your story?

These are stories of people who have experienced the signs of gambling harm and found support.



Having less money than you should

"I had to turn down going out with friends. I was in so much debt, I just couldn't afford to socialise."

Spending more time or money than you wanted

"When I gambled I lost all sense of time. Sometimes I didn't know what day of the week it was."

Having regrets or feeling guilty after playing

"I'd feel so much guilt when I checked my account and found out how much money I had gambled."

Losing focus at work or social events

"Gambling occupied so much of my thinking. I would daydream about pokies when I was at work."



Do any of these stories feel familiar?

If you or someone you know is impacted by gambling, help is at hand.

everystorymatters.act.gov.au

