

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.



Trying to win back your losses

"I was trying to chase a big win and catch up on all the losses, and that kept me going back. I kept trying to get ahead but I couldn't."

Spending less time with people you care about

"I spent so much time gambling. I wish I had spent it with family and friends instead."

Hiding how much you play from friends and family

"Even though I was struggling so much with my gambling, no one else knew how much it was impacting me."

Playing after the fun stops

"As I lost more and more, my reasons for gambling changed. It was no longer for fun but an obsession, a very painful and difficult obsession."



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

