What is gambling?
Gambling is when you bet money on something that is not certain to happen. There are many different forms of gambling including card games, horse racing, poker machines and betting on sports games.
For some people gambling is a harmless form of entertainment, but for others it can become a serious problem.

Can you win money?
The more you gamble, the more money you will lose.
Facts about the pokies
Nothing you can do will increase your chances of winning money on a poker machine.
• It doesn’t matter how many times you play.
• It doesn’t matter what time you play, or what the machine looks like.
• It doesn’t matter how much money has gone into the machine.
A poker machine is never due to pay out.
If you play the pokies, you should play for entertainment. Never expect to win money.

What can go wrong?
Gambling can become a serious problem for some people and their families. This can include:
• Losing large amounts of money on gambling
• Trying to win back money they have lost
• Gambling because they are lonely or have nothing else to do
• Constantly thinking about gambling
• Lying to family or friends about gambling
• Feeling anxious or depressed because of gambling
Problem gambling can cause harm, but it is never too late to seek help.

Is there help?
If gambling is a problem for you or someone you know, you can get help. Gambler’s Help is a free service that can help people who have gambling problems. They can help people control or stop gambling, and help them to manage financial problems caused by gambling.
Anything you say will be kept private. Gambler’s Help will not tell anyone else that you called.
You can speak to a Gambler’s Help counsellor on the phone at any time, or meet someone in person. An interpreter can be provided if you want one.
Call Gambler’s Help at any time on 1800 858 858 or visit www.gamblinghelponline.org.au for online support.