



## Referral and agency support

If you have a client or family affected by gambling harm; parents struggling to address issues of gaming and screen time; or want a secondary consult, we can help.

Call 9380 9536

Visit [info@arabicwelfare.org.au](mailto:info@arabicwelfare.org.au) to download a referral form.

### Arabic Welfare

Call 9380 9536

Email [info@arabicwelfare.org.au](mailto:info@arabicwelfare.org.au)

Visit [arabicwelfare.org.au](http://arabicwelfare.org.au)

Our services are free of judgement, full of compassion and here to help our community thrive by reducing harms from gambling.

Our services are free and professional and all clients remain confidential.



# Do you have questions or want to better understand the harms from gambling?

Our services are free, professional and confidential.



Arabic Welfare is here to listen and to support you.

Call 9380 9536 | [arabicwelfare.org.au](http://arabicwelfare.org.au)

**Experiencing gambling harm can have devastating effects not only on the individual concerned, but also on family, friends and community.**

We can help you find the strength to make changes in your life through:

- information and advice
- one-to-one counselling
- counselling for families
- peer connection groups and group counselling
- community workshops and consultations
- referrals to other health and welfare services.

## Strengths in our community

Our program is called QOWEH to signify the strength of our community and our willingness to help each other.

We know how difficult it can be to address gambling issues.

We provide information, advice and counselling in a safe, comfortable environment, and in your language.

All services are free and confidential.

## Everyone has the strength to...

- make a change
- help and support each other
- make a difference.

## Need help with financial issues?

Gambling harm in our community can have an impact on the financial security of our families.

At Arabic Welfare, you can talk to our friendly and supportive staff to explore, learn and minimise financial harms.

We offer information and advice to help you improve your financial literacy and how to budget, as well as links to financial counselling for more intensive support.

## Support for people who gamble

Any individual can experience harm from gambling if they are addicted to a gambling activity and cannot fight the urge to participate. This can have a negative impact on life. Some early signs that gambling is causing harm include:

- increasing debt
- struggling to pay bills on time
- lying to friends and family
- feeling moody, irritable or angry
- unable to pay for small luxuries
- missing work or lack of concentration at work
- spending more money on gambling than other activities.

More serious effects include:

- financial harm – inability to pay for essentials
- criminal activity – stealing or fraud
- declining mental health – depression, anxiety or suicidal thoughts
- declining physical health
- relationship disruption, conflict or breakdown
- cultural harm – moving away from cultural activities
- poor performance at work or study.

**When there is a gambling problem, it may be difficult to fight the urges but recognising them is a powerful part of the recovery process.**

## Help for those affected by gambling

Family, friends and others can be affected when someone close to them has an issue with gambling.

An individual's gambling behaviour can have a social, physical and financial impact on those around them.

If you are concerned that someone close to you has a problem with gambling, we can support you with information and advice and help you take the first step.

QOWEH supports those who are affected by someone who has a gambling issue.

## Youth gaming and safety online

- Are your children constantly gaming or using other electronic devices?
- Has your children's behaviour changed?
- Are your children disengaged at school?
- Do you feel like your children isolate themselves?
- Do your children ask you for your credit card to purchase items on a game?

**Think about these questions the next time you see your child gaming. If you need support and information regarding any of the questions above please call 9380 9536.**

We are here to assist families to ensure children are safe when they are gaming online.