

# Starting a conversation

When you suspect that someone you care about is experiencing gambling harm, the way you approach the situation needs to be delicate. It's important that your loved one knows that they can have a safe conversation with you, without being shamed or judged. Gambling habits often stem from people trying to escape other challenges in their life such as abuse, loneliness, financial distress, or depressive feelings. To help someone help themselves, we've put together some guidance on where to begin.



Speak to one of our experienced team for further guidance on how to have this conversation.

And remember, this can be challenging! You can access support in your own right by contacting us on the number below.



**ACT GAMBLING**  
**SUPPORT SERVICE**

**1800 858 858**  
Free helpline 24/7

