

**“It was like
a whirlpool.
It swallowed
everything.”**



**This is gambling harm.
Let's talk about it.**

People experiencing gambling harm often don't ask for help because they worry about being judged.

Stigma can make people feel ashamed and isolated and less likely to seek support.

By talking openly about gambling harm, we can challenge that stigma and make it easier for people to ask for help and move on.

So let's talk about it.



Call **1800 858 858** or visit
gambleaware.nsw.gov.au

GambleAware

