

Concerned that someone you know might have a gambling problem?

**UNSURE HOW TO TALK TO THEM ABOUT
YOUR CONCERNS?**

**THE MENTAL HEALTH FIRST AID
GAMBLING GUIDELINES CAN HELP!**

These guidelines are designed to help members of the public provide assistance to someone who has gambling problems.

These guidelines cover the following topics:

- How to tell if someone has gambling problems
- How to talk to someone about their gambling
- Encouraging professional help
- Encouraging the person to change
- What to do if the person does not want to change



**To find out more visit our website and
download the gambling guidelines today!**

mhfa.com.au/resources/mental-health-first-aid-guidelines