

# **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](http://mhfa.com.au/resources/mental-health-first-aid-guidelines)