

New resources to help Chinese problem gamblers win back their lives

New innovative tools in Chinese developed by the NSW Government are now available to help problem gamblers win back their lives.

The new Chinese resources, which include a self help guide for families and friends, an online personal story and a Gambling Help Calculator were released to coincide with Responsible Gambling Awareness Week (20th -26th May 2013).

The *Problem Gambling: Help for Family and Friends*, Chinese-language booklet is a free resource designed to assist families identify if someone they care about has a gambling problem. It gives practical, legal and financial advice as well as strategies for helping the affected person. It also contains information about how and where to seek help and will be rolled out in other languages including Arabic, Italian, Vietnamese and Greek later on in the year.

Also released will be a first-person video showcasing the true story of an Australian Chinese-speaker who struggled to recover from his addiction and succeeded through the support of the Gambling Help counselling service. The personal story is available on the Gambling help website www.gamblinghelp.nsw.gov.au and the Gambling Hangover You Tube Channel here: <http://bit.ly/10WXcrs>

The video story is designed to overcome the secrecy and shame associated with speaking about gambling problems in some cultures and to overcome barriers to seeking help.

Auburn Asian Welfare Centre counsellor Eric Ho welcomes these new tools available to the Chinese community.

The third Chinese-language tool is The Gambling Help Calculator <http://bit.ly/YfxVoq>. The interactive tool aims to give gamblers a snapshot of where things really stand for them financially by working how much they will lose on average over a year if they keep gambling at their usual rate.

Research shows that gamblers tend to remember their wins more than their losses. But the reality is that nearly everyone will lose money over a long period of time.

“There’s always a stigma associated with seeing a counsellor in the Chinese culture. The gambling calculator and the video are available online and are in their native language. This means the gambler can simply go to the website and check out the information in private anywhere anytime and be encouraged to seek help.”

“Some gamblers do not realise how serious their gambling problem is until they lose their life savings, home and family. The Gambling Calculator, designed to help problem gamblers estimate the amount of money they have been spending on gambling will make users aware of the consequences before it becomes too late.” said Mr Ho.

The Gambling Help Calculator is also available in Arabic, Greek, Italian and Vietnamese. For more information visit: <http://bit.ly/YfxVoq>

If you or someone you know show signs of problem gambling, free help is available by contacting Auburn Asian Welfare Centre on (02) 9749 1333 to make an appointment. The Centre is located at the corner of Rawson Street and Platform Street, Lidcombe, NSW 2141.

Auburn Asian Welfare Centre has professional counsellors that speak Cantonese, Mandarin and English and have experience in dealing with problem gambling. They operate under a strict code of confidentiality and work with family and friends affected by problem gambling.

For free confidential help 24 hours a day visit www.gamblinghelp.nsw.gov.au or call 1800 858 858.

You can also visit Multicultural Problem Gambling Service 1800 648 911 Address: Building 55a, Cumberland Hospital, 5 Fleet St, Parramatta, NSW 2150, <http://www.dhi.health.nsw.gov.au/mpgs>.