

## New online tool to help Italian problem gamblers win back their lives

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

The new Italian resources which include an online personal story and a Gambling Help Calculator were released to coincide with Responsible Gambling Awareness Week (20<sup>th</sup> -26<sup>th</sup> May 2013).

The Italian personal story showcases a powerful re-enactment of the journey of a real problem gambler who struggled to recover from her 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](http://www.gamblinghelp.nsw.gov.au) and the Gambling Hangover You Tube Channel <http://bit.ly/17yxokk>

Designed to overcome the secrecy and shame associated with speaking about gambling problems in some cultures, the Italian online personal story showcase a powerful re-enactment of real happenings in the life of a problem gambler as he battles through his addiction and how he completed his journey to recovery through the support of Italian Gambling Help counselling service.

Italian Association of Assistance (Co.As.It.) Counsellor Elisabetta Panzironi welcomes these new tools available to the Italian community.

“There is always a stigma associated with seeing a counsellor in the Italian culture. The personal story is available on line and is in their 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.”

The Gambling Help Calculator <http://bit.ly/YfxVoq> 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.

Sometimes it can be difficult to step back and look at the 'big picture' of how gambling is affecting a person's life - especially if the people around them gamble often as well. It is easy to lose sight of what gambling is costing financially, emotionally and in relationships.

“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 and this will make them aware of the consequences before it becomes too late.” said Ms Panzironi.

The Gambling Help Calculator is also available in Arabic, Chinese, Greek 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 Co.As.It on (02) 9564 0744 or visiting Co.As.It at Norton Business Centre, Level 1, Suite 3, 55 Norton Street, Leichhardt NSW.

Co.As.It has professional counsellors who speak Italian and English and have experience in 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](http://www.gamblinghelp.nsw.gov.au) or call 1800 858 858.**

You can also visit Multicultural Problem Gambling Service 1800 856 800 Address: Building 55a, Cumberland Hospital, 5 Fleet St, Parramatta, NSW 2150 <http://www.dhi.health.nsw.gov.au/mpgs>