

Just a heads up...

It can be hard to talk about gambling. It is often a very personal and sensitive subject, especially if you suspect you might be doing it a little too often. We want to be there for gamblers at the critical moments, and reach out a hand to those who need it, when they need it most. We're there to offer support, and give friendly, helpful advice.

Just a heads up...its easy to underestimate how much you're losing

Just a heads up...it's good to set yourself limits

Just a heads up...stay calm and keep your winnings

Just a heads up...waiting for a big win can lead to problem gambling

Just a heads up...you might not realise when you've lost control

Just a heads up...feeling 'in the zone' is when you're most at risk.

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Ask Yourself...

It is all too easy to ignore your conscience, and keep telling yourself that everything is fine. Which is why we think it's important to talk directly to each individual player, and create an opportunity for them to step back and assess their own gambling habits. There is an immediacy to the questions, which makes them hard to ignore.

Ask yourself...did you mean to be here this long?

Ask yourself...if you stop now, what could you afford to do later?

Ask yourself...have you hit your limit and played on?

Ask yourself...are you keeping a cool head?

Ask yourself... are you still having fun?

Ask yourself...are you going to lie about this later?

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Be Aware. Be Gamble Aware.

When it comes to responsible gambling, awareness is key. If you don't know what to look out for, it is much harder to keep yourself safe.

We don't want to take sides and give people a hard time for placing a bet, we're just here to remind them to be aware when doing so. Our neutral tone is informative and practical, reminding gamblers to be aware, and educating them in how to do so.`

Be aware, keep an eye on your mood when you play, Be Gamble Aware.

Be aware, when you're 'in the zone' you're most at risk. Be Gamble Aware.

Be aware, the last person to recognise a problem could be you. Be Gamble Aware.

Be aware, stopping now saves more for later. Be Gamble Aware.

Be aware, thinking you're in control isn't the same as being in control. Be Gamble Aware.

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Know the signs

Sometimes a stern voice is the best thing to help you see things clearly. We are the experts in gambling, and consequently we know what the signs of a potential gambling problem look like. We're not here to make friends, we're here to keep people safe. We deliver the facts in a concise and impartial way, so everyone knows the signs.

#1. Numbness. Know the signs.

#2. Agitation. Know the signs.

#3. Enjoying the bet more than the game. Know the signs.

#4. Saving a lucky seat. Know the signs.

#5. Not seeing your friends or family enough. Know the signs.

#6. Chasing a big win. Know the signs.

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Play Smart

There is a skill to gambling responsibly. Responsible gamblers only bet what they can afford, they keep a cool head, and they know when to stop. Consequently they are able to enjoy placing a bet in a safe, controlled environment. We want to encourage these clever tactics, and emphasise that sticking to them is the only way to come out on top.

Winners walk away.

Winners know when to stop.

Winners know their limit.

Winners keep a cool head.

Winners stop now to save for later.

Winners play calmly.

Play Smart.

Winners walk away.

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