



MEDIA RELEASE

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Lifeline urges north shore punters - Harness lull between footy and the Cup to rein-in gambling habits

Gambling Help counsellors at Lifeline Harbour to Hawkesbury are urging habitual gamblers to reflect on their betting choices during Responsible Gambling Awareness Week from October 23 to 29.

And it's not too late to sign-up for Lifeline H2H's new Gambling Help support program which started October 18. Late bookings will be taken up to and including October 25, in time for the group's second session.

According to Gambling Help counsellor, Jeanette Svehla, the 'down time' between the footy grand finals and the Melbourne Cup is a perfect time for people to consider whether their gambling behaviour is responsible – or not.

"It's so hard to avoid the increased media coverage and sports betting promotion around this time of year – and so easy to get caught up in the excitement," Ms Svehla said.

Anyone who is struggling to set limits on their gambling and feels they need help should contact Lifeline Harbour to Hawkesbury on 9498 8805, or appointments@lifelineh2h.org.au, to join the current Wednesday night Gambling Help group at Gordon, or to register interest for the first support group next year.

Lifeline Harbour to Hawkesbury counsellors will set up a Gambling Help stall at Gordon Station on Monday, October 23, to talk to people about the help that's available, including individual face-to-face personal and financial counselling.

"I encourage the local community to come along, chat to your local Gambling Help counsellors and get practical advice on how to keep within your limits," Ms Svehla said.

Responsible Gambling Awareness Week in NSW is run by the NSW Government's Responsible Gambling Fund. For more information visit gamblinghelp.nsw.gov.au.

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