

# Gambling and the pokies: where to find help



Gambling and poker machines (the pokies) can be harmful, causing people to lose their savings and impact relationships. They are designed to keep you playing and a lot of money can be lost in a short amount of time. Here are some things you can do if you or someone you know is struggling with gambling.



Speak to a friend or family member. Together you can find tools and support: [www.gamblinghelponline.org.au/helping-others](http://www.gamblinghelponline.org.au/helping-others).



Contact your country liaison officer in Australia for in-language and cultural support: [www.palmscheme.gov.au/contact](http://www.palmscheme.gov.au/contact).



Contact Gambling Help Online 24 hours, 7 days a week on 1800 858 858 or use their online chat or SMS counselling service for free: <https://www.gamblinghelponline.org.au/>.  
You can also find gambling support services on Lifeline's website: <https://toolkit.lifeline.org.au/topics/problem-gambling/support-services-for-gambling>.



Contact a Community Connections representative to find support networks in your area: [www.palmscheme.gov.au/contact](http://www.palmscheme.gov.au/contact).



You can find a translated fact sheet about staying mentally healthy while you are in Australia here: [www.palmscheme.gov.au/resources/mental-and-physical-health](http://www.palmscheme.gov.au/resources/mental-and-physical-health).



If you are a PALM scheme worker and your wellbeing is being impacted, the **PALM scheme support service line is available on 1800 51 51 31 from 8:30am to 6:30pm AEST.**

## Focusing on what matters

Remember the goals that brought you to Australia and the things that matter most to you – your family, community, faith and your hopes for your return home. Gambling and the pokies can threaten your wellbeing and your goals. It's okay to ask for help to stay on track.