



## Multi-language DVD to help address problem gambling

A new DVD to address problem gambling from a community perspective has been released in five languages: Arabic, Chinese, Greek, Italian and Vietnamese.

Featuring community members, the free *What's Gambling Really Costing You?* DVD highlights the fact that gambling problems can affect people from any cultural background and provides information about free counselling services and support materials available in-language.

Part of the NSW Government's Culturally and Linguistically Diverse (CALD) Problem Gambling Awareness Campaign, the DVD includes interviews with counsellors, doctors and community leaders and emphasises there is no shame in having a problem or seeking professional help.

Launched as part of Responsible Gambling Awareness Week (14-20 May), the *What's Gambling Really Costing You?* DVD appeals to CALD communities by dispelling some of the superstitions surrounding gambling and promoting the free, confidential help available in a range of languages.

In 2010 the NSW Government launched a problem gambling awareness campaign in Arabic, Chinese, Greek, Vietnamese and Italian in partnership with the NSW Multicultural Health Communication Service as part of a \$2.4 million, three-year early intervention and prevention strategy.

Members of culturally diverse communities with gambling problems are encouraged to take that all-important first step and seek help from a range of high quality NSW Government-funded counselling services.

Through the Responsible Gambling Fund, the NSW Government funds the Arab Council Australia at Bankstown, Auburn Asian Welfare Centre at Lidcombe, Co.As.It (the Italian Association of Assistance) at Leichhardt, Newtown's Greek Welfare Centre, the Vietnamese Community in Australia at Cabramatta and the Statewide Multicultural Problem Gambling Service based at North Parramatta, to provide treatment and support for problem gamblers and family and friends affected by problem gambling.

Auburn Asian Welfare Counsellor Eric Ho was involved in the production of the *What's Gambling Really Costing You?* DVD and welcomes it as a valuable resource to assist Chinese people with gambling issues. "The new DVD reminds us that free and professional help is available to problem gamblers and family members and friends," Mr Ho says.

"Problem gambling is an addiction that bears a stigma in the Chinese community and creates a significant disruption to one's life in terms of financial hardship, psychological distress and relationship breakdown.

"As Chinese, we have grown up with a variety of gambling activities and use them when socialising with our friends. If you are struggling with problem gambling, please discuss the issue with your family doctor as soon as possible as they can help find a professional counsellor for you," says Dr. Lim, a family doctor in the Chinese community.

The new DVD is given free on request by contacting the Auburn Asian Welfare Centre on (02) 9646 3695 or via email [info@aawcentre.org.au](mailto:info@aawcentre.org.au) or in person at the centre located on the corner of Rawson Street and Platform Street in Lidcombe.

If you or someone you know show signs of a gambling problem, free help is available. The Auburn Asian Welfare Centre has professionals that speak Cantonese, Mandarin and English. They have experience in problem gambling and operate under a strict code of confidentiality. Family and friends affected by problem gambling are also welcome.

This DVD is also available online at [www.youtube.com/gamblinghangover](http://www.youtube.com/gamblinghangover).

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.

Is gambling a problem for you  
or someone you know?

