



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 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.

Greek Welfare Centre Counsellor Maria Petrohilos was involved in the production of the *What's Gambling Really Costing You?* DVD and welcomes it as a valuable resource to assist Greek people with gambling issues.

"Seeking help outside the family is difficult for many Greek people," says Ms Petrohilos. "It is even more difficult when the issue they need help with has associated shame and stigma, as is the case with problem gambling. This new DVD will be invaluable for individuals and families affected by problem gambling as it talks directly to them."

Free Greek DVDs are available by contacting the Greek Welfare Centre on (02) 9516 2188 or in person at the centre located on 376-378 King Street, Newtown.

If you or someone you know show signs of a gambling problem, free help is available. The Greek Welfare Centre has professionals that speak Greek 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.

For free confidential help 24 hours a day visit www.gamblinghelp.nsw.gov.au or call 1800 858 858.

Is gambling a problem for you
or someone you know?

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