

New online tools in Arabic to help problem gamblers win back their lives

New innovative tools in Arabic developed by the NSW Government are now available online to help problem gamblers win back their lives.

The new Arabic resources which include an online personal story and a Gambling Help Calculator were released to coincide with Responsible Gambling Awareness Week (20th -26th May 2013).

One of the new resources is a video featuring the true story of a real problem gambler from the Arabic-speaking community who struggled to recover from his addiction and succeeded through the support of the Gambling Help counselling service.

The personal story is available on the Gambling help website www.gamblinghelp.nsw.gov.au and the Gambling Hangover You Tube Channel.

Arabic: <http://bit.ly/10sYOSy>

The story is designed to overcome the secrecy and shame associated with speaking about gambling problems in some cultures and to overcome the barriers some people feel about seeking help.

Arab Council Australia counsellor Heshmat Shahid welcomes these new tools available to the Arabic community.

“There is always a stigma associated with seeing a counsellor in the Arabic culture. The personal story is available on line and is in their language. This means the gambler can simply go to the website and check out the information in private anywhere anytime and be encouraged to seek help.”

The Gambling Help Calculator <http://bit.ly/YfxVoq> aims to give gamblers a snapshot of where things really stand for them financially by working how much they will lose on average over a year if they keep gambling at their usual rate.

Research shows that gamblers tend to remember their wins more than their losses. But the reality is that nearly everyone will lose money over a long period of time.

“Some gamblers do not realise how serious their gambling problem is until they lose their life savings, home and family. The Gambling Calculator, designed to help problem gamblers estimate the amount of money they have been spending on gambling and this will make them aware of the consequences before it becomes too late.” said Mr Shahid.

The Gambling Help Calculator is also available in Chinese, Greek, Italian and Vietnamese. <http://bit.ly/YfxVoq>

If you or someone you know show signs of problem gambling, free help is available by contacting Arab Council Australia on (02) 9709 4333 to make an appointment. The council is located on level 1/194 Stacey Street Bankstown.

Arab Council Australia has professional counsellors that speak Arabic and English and have experience in problem gambling and operate under a strict code of confidentiality. They also work with family and friends affected by problem gambling.

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

You can also visit Multicultural Problem Gambling Service 1800 856 800 Address: Building 55a, Cumberland Hospital, 5 Fleet St, Parramatta NSW 2015, <http://www.dhi.health.nsw.gov.au/mpgs>