



## 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 Counsellor Hany El Helu was involved in the production of the *What's Gambling Really Costing You?* DVD and welcomes it as a valuable resource to assist Arabic people with gambling issues.

"Problem gambling in the Arabic speaking community often develops gradually starting as a recreation of social and/or entertainment activity because of their isolation and lack of language. The loss of control over the gambling habit happens when it becomes the most important thing in a person's life," says Mr. El Helu.

"Many Arabic problem gamblers hesitate to seek help from counselling services due to the stigma involved. The DVD breaks down these stigmas and encourages problem gamblers to seek help from Arab Council Australia in a confidential and friendly environment."

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.

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?

1800 858 858  
[www.gamblinghelp.nsw.gov.au](http://www.gamblinghelp.nsw.gov.au)

