

May 14, 2014

Gambling services working with local businesses

South Western Sydney Mental Health Gambling Help Service is reaching out to local businesses to encourage employees to keep an eye out for their work mates, as part of Responsible Gambling Awareness Week (RGAW) this May 26 – 31.

The Service will deliver workplace presentations, education and activities, and provide education about free support services.

Clinical Psychology Registrar and Gambling Help practitioner Christopher Mosses said the workplace is a practical channel for the Service to reach people with gambling problems and their family, friends and colleagues who are impacted by gambling.

“Harm caused by problem gambling can be far-reaching, causing significant damage to individuals, families and communities,” he said.

“Some of the effects include financial loss or bankruptcy, relationship breakdowns, or health problems such as depression, anxiety, sleep difficulties, ulcers, high blood pressure or suicidal thoughts.

“If somebody in your workplace is struggling with gambling, be it your colleague in the cubicle or car seat next to you, in your squad, or on your worksite or unit, take them aside for a cuppa and let them know that help is available and that they don’t have to suffer alone.”

Mr Mosses said a real difference can be made in the lives of colleagues or employees if their problems are addressed before they reach crisis point.

Information stands will also be held at Liverpool Hospital, Liverpool Catholic Club, and Bankstown TAFE during Responsible Gambling Awareness Week

South Western Sydney Mental Health Gambling Help Service is one of more than 50 organisations across the state delivering the NSW Government’s Gambling Help counselling program to communities through face-to-face counselling.

For more information on how your workplace can participate in RGAW, or if there is somebody in your workplace who you are concerned about, contact South Western Sydney Mental Health Gambling Help Service on 9616 4060; call Gambling Help on 1800 858 858; or visit www.gamblinghelp.nsw.gov.au.