

# Help and support for young people affected by gambling

In Video 3 in this series there is information to help you respond when there may be a student at risk of harm from their own gambling or because of the gambling of a person in the household.

If, in your professional role, you are working with the student to help find a way through the gambling related problem, the following three resources will be useful.

<http://www.kidshelp.com.au/grownups/news-research/hot-topics/communication.php>

<http://www.aifs.gov.au/afrc/pubs/newsletter/frq018/frq018-1.html>

<http://au.reachout.com/find/articles/more-tips-for-communicating-effectively>

The last of these is designed for young people to help them communicate more effectively. This can help them express their need for help, and make it easier for them to approach friends, trusted adults and health professionals.

For professional support, including counselling the following services are available:

## Gateway Services

Gateway Services is a single entry point to all Tasmanian family support and disability services. This may be a good referral if there are issues relating to family functioning, and is also the access point for the Mission Australia and Baptcare Targeted Youth Support Service and Anglicare's Supported Youth service in the North and North-West.

Referrals to Gateway Services can be made by calling 1800 171 233 and speaking to a Gateway intake worker.

[www.dhhs.tas.gov.au/disability/gateway\\_services](http://www.dhhs.tas.gov.au/disability/gateway_services)

## Gamblers Help

Online: 24/7 services offer comprehensive self-help and counselling via email or chat, at [www.gamblinghelponline.org.au](http://www.gamblinghelponline.org.au)

Phone: 24/7 advice, information and telephone counselling and referrals to in-person counselling 1800 858 858.

## Department of Education

[www.education.tas.gov.au/school/health/childprotection](http://www.education.tas.gov.au/school/health/childprotection)

School social workers, guidance officers and psychologists can all offer some assistance and direct you to sources of further support and information. You'll need to check with the Department of Education if, as the Department's policy states, you believe, know or suspect that a student is being abused or neglected.

## Youth programs and services

[ReachOut.com](#) is a great place for young people to go for online information and support. ReachOut describes itself like this:

"[ReachOut.com](#) is Australia's leading online youth mental health service, inspiring young people to take charge of their mental health and wellbeing, and find ways to boost their resilience and their ability to face tough situations. It's anonymous, open 24/7 and every year it helps over 400,000 young Australians by providing information, stories and a support network of other young people who have been through similar stuff."

Holyoake's GET REAL Youth Program is designed for young people aged 12-24 years who are experiencing difficulties with drug/alcohol misuse, offending and other addictive behaviours including gambling. GET REAL aims to increase the young person's awareness of their own behaviours and the possible negative consequences to themselves and their relationships. It is a safe, supportive and confidential environment to share experiences, identify available choices and make positive changes. The program focuses on topics such as: self-image; relationships; decision-making; stress, anger and grief; communication skills.

<http://www.holyoake.com.au/getreal.html>