

## Recognise the Signs of Gambling Harm

Are you concerned that someone you know may be at risk of gambling harm? There are a few signs to look for, such as:

- Money or other valuables going missing.
- Regularly short of money.
- Asking to borrow money and juggling various loans.
- Unpaid bills and secrecy about spending.
- Becoming withdrawn and agitated.
- Struggling at work and taking regular sick days.
- Depression and/or anxiety.
- Controlling or manipulative behaviour.
- Regularly not being on time for things.

If you would like to find out more and about what steps to take if you or someone you care about is dealing with gambling harm, then you are welcome to attend the following course at the Baromi Centre on Friday.

### **Mental Health First Aid for Gambling**

Date: Friday 14<sup>th</sup> December 2018

Time: 9.00am to 1.00pm

Venue: Baromi Centre in Mirboo North

Cost: \$10 payable on the day (includes a take-home reference book)

This course has limited numbers so call Heather Butler on 0429 112 257 to book your spot.

**PR2334 05/12/18**