

Raising Gambling Awareness

South Gippsland Shire Council is offering courses and education sessions in Mirboo North and Leongatha to increase community knowledge and skills to support people experiencing harmful levels of gaming or gambling.

The courses are not therapy or support groups but rather aim to increase knowledge and confidence in community members and reduce stigma around gambling.

The community-based sessions have been developed after the people of Mirboo North and Leongatha voiced concerns about online gambling, gambling advertising and addictive video gaming in young people and children.

The first Mental Health for Gambling course was provided at Mirboo North this week by Latrobe Regional Health Educator Susanne Lampitt. These events have been made possible by Victorian Responsible Gambling Foundation funding.

South Gippsland Shire Council's Social Planning Officer Vicki Bradley was proud to see these community education sessions going ahead.

"We know our local community members can pull together to support each other when needed.

"The courses provided in schools and local community halls will provide confidence for students and adults alike to support their friends, colleagues or neighbours if video gaming or online gambling start taking over their lives," said Vicki.

The next Mental Health First Aid for Gambling course will be held in Leongatha on 13 March.

Community members are encouraged to register online at

www.southgippsland.vic.gov.au/mentalhealthfirstaidleongatha

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