

## Watch for red flags

Knowing the signs of unsafe gambling could help prevent you (or someone you care about) experiencing gambling-related harm.

Watch out for these signs:

- Becoming secretive, not communicating or withdrawing from social interactions.
- Taking or asking to borrow money.
- Spending more money on gambling than intended.
- Obsessing and always talking about gambling.
- Missing school, work or other activities to gamble.

## Start a conversation

Visit [qld.gov.au/forgetthebet](http://qld.gov.au/forgetthebet) for ideas on how to talk with friends and family—especially young people—about the risks of sports betting and how to avoid them.

## BetStop

Use **BetStop—the National Self-Exclusion Register™** to block yourself from all phone and online gambling providers.  
[betstop.gov.au](http://betstop.gov.au)



[qld.gov.au/forgetthebet](http://qld.gov.au/forgetthebet)

# Want to focus more on the action than the odds?

**FORGET THE BET.  
ENJOY THE GAME.**



Queensland  
Government

## Be aware of how betting works

Sports betting ads can make your chances of winning seem attractive, easy and risk-free.

Realistically, the odds are stacked against you and chances are you're going to lose.

Gambling also carries serious risks and the harm from gambling can have lifelong consequences for you, your friends and family.

## Make a 'Forget the bet' game plan

If you choose to place a bet, here are some ideas to help you enjoy the sport and reduce gambling-related harm:

- Set a limit on the money you'll spend and commit to stopping once you reach it.
- Don't gamble under the influence of alcohol or drugs.
- Ask friends to help you stick to your limits.
- Be careful of promotional bets, which are often bets you wouldn't usually make.
- Look at your betting activity statements, track your spending and take note if it's increasing.

## Where to get help

If you're worried about your gambling—or someone else's—help is available 24 hours, 7 days a week.

**It's free and confidential.**

### Phone

Call the Gambling Helpline on **1800 858 858** for counselling, crisis support, and referrals to face-to-face counselling.

### Online

Visit **[gamblinghelponline.org.au](https://www.gamblinghelponline.org.au)** for free professional online chat counselling and email support.