

## FACT SHEET

# Gambling and COVID-19

Many Tasmanians may feel anxious about the spread of COVID-19. To help you keep a clear view of the situation, the Australian and Tasmanian Government websites are great places to start.

The [Australian Government COVID-19 site](#) includes information about COVID-19, virus symptoms, how to stop the spread and the current national status of infections.

The [Tasmanian Government COVID-19 site](#) includes information about the Tasmanian Government's [Roadmap to Recovery](#), current state-based restrictions, Tasmanian case statistics and how to stay safe.

## Gamblers Help Services

For free, confidential gambling support, advice or information, counsellors are available 24 hours a day, 7 days a week on [webchat](#) 24/7, or at Gambling Helpline Tasmania on 1800 858 858.

While physical distancing measures are in place, Gamblers Help and other community services are changing the way they operate. Many services are not currently offering face-to-face appointments but are still available for counselling and other services by phone or online.

## Gambling Venues and COVID-19 Restrictions

As part of Stage Three of the Roadmap to Recovery, gambling areas in hotels, clubs and casinos can open from Friday 26 June 2020 (subject to physical distancing restrictions). This includes electronic gaming machines (EGMs) or “pokies” areas.

While the reopening of venues is a welcome step, some people may feel anxious or worried about being able to gamble again.





If you are concerned about your gambling or the gambling of someone you know, Gamblers Help is available to provide free, confidential advice, information and counselling.

Gamblers Help can help you with tools and strategies that can help with gambling for you or someone you know. For example:

- If having venues closed has had positive effect on your gambling, you might want to keep going and talk to Gamblers Help about putting a venue self-exclusion in place.
- If you want to get back to venues, then why not talk to Gamblers Help about having a plan in place to make sure you are keeping your gambling risk low?

With venues open again, it's a good idea to keep an eye out for signs that gambling might be causing a problem such as:

- Spending more money on gambling than you plan to
- Chasing your losses
- Neglecting other areas of your life such as relationships or work commitments
- Thinking about gambling, when you're doing other things.

You can contact Gamblers Help online 24 hours a day at [gamblinghelponline.org.au](http://gamblinghelponline.org.au) or by phone on 1800 858 858 or you can access local support through [Anglicare Tasmania](#) and [Relationships Australia Tasmania](#).

If you have been tempted to try online gambling, you might want to check out how to [avoid the hidden dangers of online gambling](#). You also might want to consider some of the apps for computers, phones and tablets that will block or limit access to gambling sites.

## Stay Healthy, Stay Connected

While physical restrictions are still in place, there are many ways to stay well, stay positive and stay in touch with your family, friends and community. There are some great ideas at [Stay Healthy, Stay Connected](#), like learning a new skill, hosting a virtual pub quiz, exploring the outdoors from your device and making sure you are sleeping well.

## Financial Advice and Assistance

If you are struggling financially, you may be tempted to turn to gambling to recover. Please investigate the assistance that is available for you instead. The government has introduced measures to assist individuals, families or businesses affected by COVID-19. Learn more at [Centrelink](#).

For information, advice and support around managing your finances, consider contacting the following:

- The National Debt Helpline 1800 007 007
- Anglicare Tasmania Financial Counselling 1800 007 007

In addition, the Tasmanian Government is providing increased support for loans for essential goods and services through the [No Interest Loans Scheme \(NILS\)](#).



## Support and Information

### COVID-19 Information

- [National Coronavirus Helpline](#) offers information on COVID-19 24/7 at 1800 020 080
- [Australian Government COVID-19 website](#)
- [Tasmanian Government COVID-19 website](#)
- [Stay Healthy, Stay Connected](#) offers ideas and activities for staying connected

### Gambling Support

- [Gambling Help Online](#)
- Gamblers Helpline Tasmania 1800 858 858
- [National Debt Helpline](#) on 1800 007 007 available Monday to Friday, 9:30 am to 4:30 pm to discuss any problems related to debt

### COVID-19 Support

- [A Tasmanian Lifeline](#) 1800 98 44 34 offers 8am to 8pm support for Tasmanians experiencing stress, anxiety, worry, fear or helplessness due to COVID-19.
- [Beyond Blue Coronavirus Mental Wellbeing Support Service](#) offers 24/7 COVID-19 mental health counselling and support on 1800 512 348, by online chat or by email.
- Red Cross's [COVID Connect](#) offers support and community connection for people feeling socially isolated due to COVID-19.
- The National COVID Older Persons Information Line 1800 171 866 offers advice and support for older people, carers, people living with dementia and their families

### More Help

- The [Head to Health](#) website provides links to trusted Australian mental health online and phone supports, resources and treatment options. It also has online programs and forums, as well as a range of digital information resources.
- [Lifeline](#): 13 11 14 (24 hours, 7 days)
- [Beyond Blue](#): 1300 224 636 (24 hours, 7 days)
- [MensLine Australia](#): 1300 789 978 (24 hours, 7 days)
- [Kids Helpline](#): 1800 551 800 (24 hours, 7 days)
- [Headspace](#): 1800 650 890
- [Rural Alive and Well \(RAW\)](#): 1300 4357 6283 (24 hours, 7 days)
- [ReachOut](#)



- [Life in Mind](#)
- [SANE forums](#)
- [The White Jacket Effect](#)
- Alcohol and Drug Information Service and Family Drug Support: 1800 811 994
- Alcohol and Drug Services (Department of Health): 1300 139 641
- [Quit Tasmania: 13 78 48](#)
- [Alcohol, Tobacco and other Drugs Council Tasmania](#)