

FACT SHEET

Gambling and COVID-19

Version 3.0 – October 2021

Many Tasmanians may feel anxious about the spread of COVID-19. To help you keep a clear view of the situation, the [Tasmanian Government COVID-19 site](#) is a great place to start.

The site includes information about:

- How to book a COVID-19 vaccination
- How to arrange a COVID-19 test
- Current restrictions, including travel restrictions
- COVID-19 safe behaviours
- Community updates
- Tasmanian COVID-19 statistics.

Gamblers Help

Gamblers Help is a free, confidential service that provides gambling information, advice and support. It is available to anyone affected by gambling, including gamblers people that are worried about someone else's gambling.

Gamblers Help online services, including information and counselling via [live chat](#) and email, are available 24 hours a day, 7 days a week at gamblinghelponline.org.au.

Gamblers Help phone services, including information, counselling and referrals to local services, are available 24 hours a day, 7 days a week on **1800 858 858**.

Gamblers Help face-to-face services are available from 9am to 5pm Monday to Friday on 1800 243 232 (South and North West) or 1300 364 277 (North and South).



To make sure clients and staff are safe, Gamblers Help and other community services are changing the way they operate. Services may still offer face-to-face appointments, but may also offer you other ways to meet, such as phone or online appointments.

If you do have a face-to-face appointment, you will need to make sure you:

- Reschedule your appointment if you have flu-like symptoms or if you are required to be in quarantine
- Check in using the Check in TAS app or manual sign-in
- Make sure you use health hand and respiratory hygiene
- Keep a physical distance of at least 1.5m between people
- Abide by maximum capacity limits.

Gambling Venues and COVID-19

Gambling areas in hotels, clubs and casinos are currently open, subject to physical distancing restrictions.

With venues open, 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.

Gamblers Help can help you with tools and strategies that can help, for example:

- If you want to stop gambling, Gamblers Help can help you identify your gambling triggers and strategies to avoid gambling.
- If having gambling venues closed had positive effect on your gambling, you might want to talk to Gamblers Help about setting up a venue self-exclusion.
- If you want to gamble, then why not talk to Gamblers Help about having a plan in place to make sure you are keeping your gambling risk low?
- If online gambling is an issue for you, Gamblers Help can help you to put an exclusion in place from your online account.

Financial Advice and Assistance

If COVID-19 has meant that 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 Australian Government has introduced measures to assist individuals, families or businesses affected by COVID-19. Learn more at [Centrelink](#).



For free, confidential information, advice and support around managing your finances, consider contacting:

- The [National Debt Helpline](#) on 1800 007 007. Free independent financial advice and referrals available 9:30 am to 4:30 pm Monday to Friday.
- [Anglicare Tasmania Financial Counselling](#) on 1800 007 007. Free face-to-face financial counselling available 9am to 5pm Monday to Friday.

If you need to buy essential goods and services, you may be eligible for a no interest loan through the [No Interest Loans Scheme \(NILS\)](#).

Support and Information

COVID-19 Information

- [Tasmanian Government COVID-19 website](#)
- [National Coronavirus Helpline](#) is available on 1800 020 080 24 hours a day, 7 days a week for information about COVID-19 and COVID-19 vaccines.
- [Australian Government COVID-19 website](#)

Gambling Support and Information

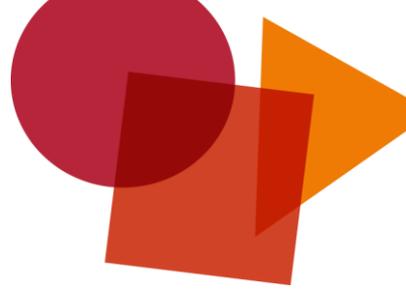
- [Gambling Help Online](#)
- Gamblers Helpline Tasmania 1800 858 858
- [National Debt Helpline](#) on 1800 007 007
- [Know Your Odds](#)

COVID-19 Support

- [A Tasmanian Lifeline](#) 1800 98 44 34 offers 8am to 8pm, 7 days a week support for Tasmanians experiencing stress, anxiety, worry, fear or helplessness due to COVID-19.
- [Beyond Blue Coronavirus Mental Wellbeing Support Service](#) offers 24 hours a day, 7 days a week COVID-19 mental health counselling and support on 1800 512 348, by online chat or by email.
- The [Older Persons COVID-19 Support Line](#) 1800 171 866 offers 8.30am to 6pm, Monday to Friday information and support to senior Australians, their families and carers.

More Help

- The [Head to Health](#) website provides information, tips and resources to support you and your loved ones' mental health during COVID-19.
- [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](#)
- 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](#)