

HOW TO

Check in and start a conversation

Starting a conversation about someone's gambling doesn't have to be hard. Just follow the 7 golden #CheckIn rules.

1

Plan ahead

Having a game plan is a game changer.

2

Be patient

Be in it for the long haul. Starting a conversation is just the beginning.

3

Ask open questions

Give them space to let it all out.

4

Listen carefully

Show support by lending your ears (not giving your advice).

5

Don't be judgy

They might already feel guilt or shame, why make things worse?

6

Stay calm

Be mindful of the emotions you bring to the table.

7

Give encouragement

After all, what are friends and family for?



Check in next time you catch up at responsiblegambling.nsw.gov.au