

MHPN Webinar: Problem gambling and collaborative mental health care



List of Panel Suggested Supporting Resources

Information for clients:

Online help: <http://www.gamblinghelponline.org.au/>

Telephone support: 1800 858 858

<https://gamblinghelp.nsw.gov.au/>

Problem Gambling: A Self-Help Guide for Families

<http://gisnsw.org.au/a-self-help-guide-for-families/>

Consumer Voices -Stories of change and recovery

<http://gisnsw.org.au/consumer-voice/>

Information for professionals:

Problem Gambling: A Guide for Helping Professionals

<http://gisnsw.org.au/a-self-help-guide-for-professionals/>

Problem Gambling: A guide for Financial Counsellors

<http://gisnsw.org.au/a-guide-for-financial-counsellors/>

Helping professionals

<https://www.problemgambling.ca/EN/ResourcesForProfessionals/Pages/InformationforHelpingProfessionals.aspx>

Gambling Help <https://gamblinghelp.nsw.gov.au/>

Information and resources <http://www.responsiblegambling.vic.gov.au/information-and-resources>

Further resources <https://aifs.gov.au/agrc/resources>

Australian Family Physician June 2014 article <http://www.racgp.org.au/afp/2014/june/problem-gambling/>

Australian Family Physician Psychological strategies September 2012 article

<http://www.racgp.org.au/afp/2012/september/problem-gambling/>

An Introduction to Gamblers Help for GPs

https://www.responsiblegambling.vic.gov.au/_data/assets/pdf_file/0014/11822/An-introduction-to-Gamblers-Help-for-GPs-October-2014_WEB.pdf

Articles & Journals:

Raylu, N., & Oei, T. P. (2010). A cognitive behavioural therapy programme for problem gambling: Therapist manual. Taylor & Francis.

Blaszczynski, A., & Nower, L. (2002). A pathways model of problem and pathological gambling. *Addiction*, 97(5), 487-499.

Rodda, S., Lubman, D.I., Latage, K. (2012) Problem Gambling Aetiology, identification and management. *Australian Family Physician*. Vol 41. No. 9. P 725-729
<http://www.racgp.org.au/afp/2012/september/problem-gambling/>

Thomas, S. (2014). Problem gambling. *Australian Family Physician*. Vol 43, p 362-264
<http://www.racgp.org.au/afp/2014/june/problem-gambling/>

Resources that discuss matters specific to culturally relevant help seeking for gamblers:

Hing, N., Nuske, E., & Gainsbury, S. (2012). *Gamblers at-risk and their help-seeking behaviour*. Gambling Research Australia, Centre for Gambling Education & Research, Southern Cross University. Available at:
<http://www.gamblingresearch.org.au/CA256DB1001771FB/page/GRA+Research+Reports-Gamblers+at+risk+and+their+help+seeking+behaviour?OpenDocument&1=35-GRA+Research+Reports~&2=0-Gamblers+at+risk+and+their+help+seeking+behaviour~&3=~>

Khawaka, N. (2011). Effective interviewing of culturally and linguistically diverse clients. *InPsych*. Retrieved from <https://www.psychology.org.au/Content.aspx?ID=3933>

Namrata Raylu, Tian Po Oei (2004) *Role of culture in gambling and problem gambling*. *Research Gate*. Retrieved from https://www.researchgate.net/publication/8915308_Role_of_culture_in_gambling_and_problem_gambling

Support groups:

Stay on Track mobile App www.gamblinghelp.nsw.gov.au/stayontrack

Self-Exclusion process www.gamblinghelponline.org.au/accessing-support/self-exclusion

Gambling Help 1800 858 858 24-hr counselling support (including crisis help between therapy sessions)

Gambling Help online services www.gamblinghelponline.org.au

Help Sheets:

Various help sheets to download <http://gisnsw.org.au/help-sheets/>

Gambling Impact Society (NSW) brochure <http://gisnsw.org.au/brochure-membership/>