

Getting Help with Gambling

About this document



This document is written in an easy to read way.

We call it **Easy Read**.



You might not know some words.

The first time we use those words they are **blue**.

We tell you what they mean.



Words in blue are also in a [Word List](#).

You can check what they mean there.

How we can help you with gambling



Gambling is when you spend money or place a bet on games of **chance**.

Chance is when things happen by luck.



Games of chance include:

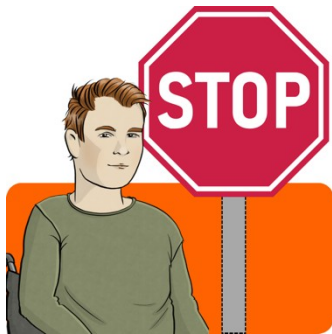
- Sporting games
- Horse racing
- Card games like poker
- Poker machines or the pokies
- Buying a ticket in the lottery.

If gambling is hurting you ING can help.





ING can place a **gambling block** on your visa debit or credit card.



A gambling block will stop **authorised gambling services** from taking your money.



Authorised gambling services are places where you can put bets on. Such as:

- Lottery websites
- Casinos
- Or online gambling websites.



Blocking your cards can help you stop spending money on gambling.



To learn more about the gambling block:

- Call: **133 464**



If you need more help Gambling Help Online has free and **confidential 24/7** help.

Confidential is when your details are kept a secret.



24/7 is 24 hours a day and 7 days a week.

You can chat with them any time or day.



You can call Gambling Help Online:

- On **1800 858 858**



Or you can chat on their website with
professional counsellors.

A professional counsellor is a trained person who
can help with your personal problems.



You can also read information to learn about
gambling and help to stop.

Word List



24/7

24 hours a day and 7 days a week.

You can chat with them any time or day.



Authorised gambling services

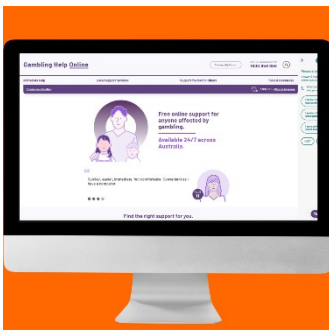
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- Lottery websites
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Chance

Chance is when things happen by luck.



Confidential

Confidential is when your details are kept a secret.



Gambling

This is when you spend money or place a bet on games of **chance**.



Gambling block

A gambling block will stop **authorised gambling services** from taking your money.



Professional counsellors

A professional counsellor is a trained person who can help with your personal problems.

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