

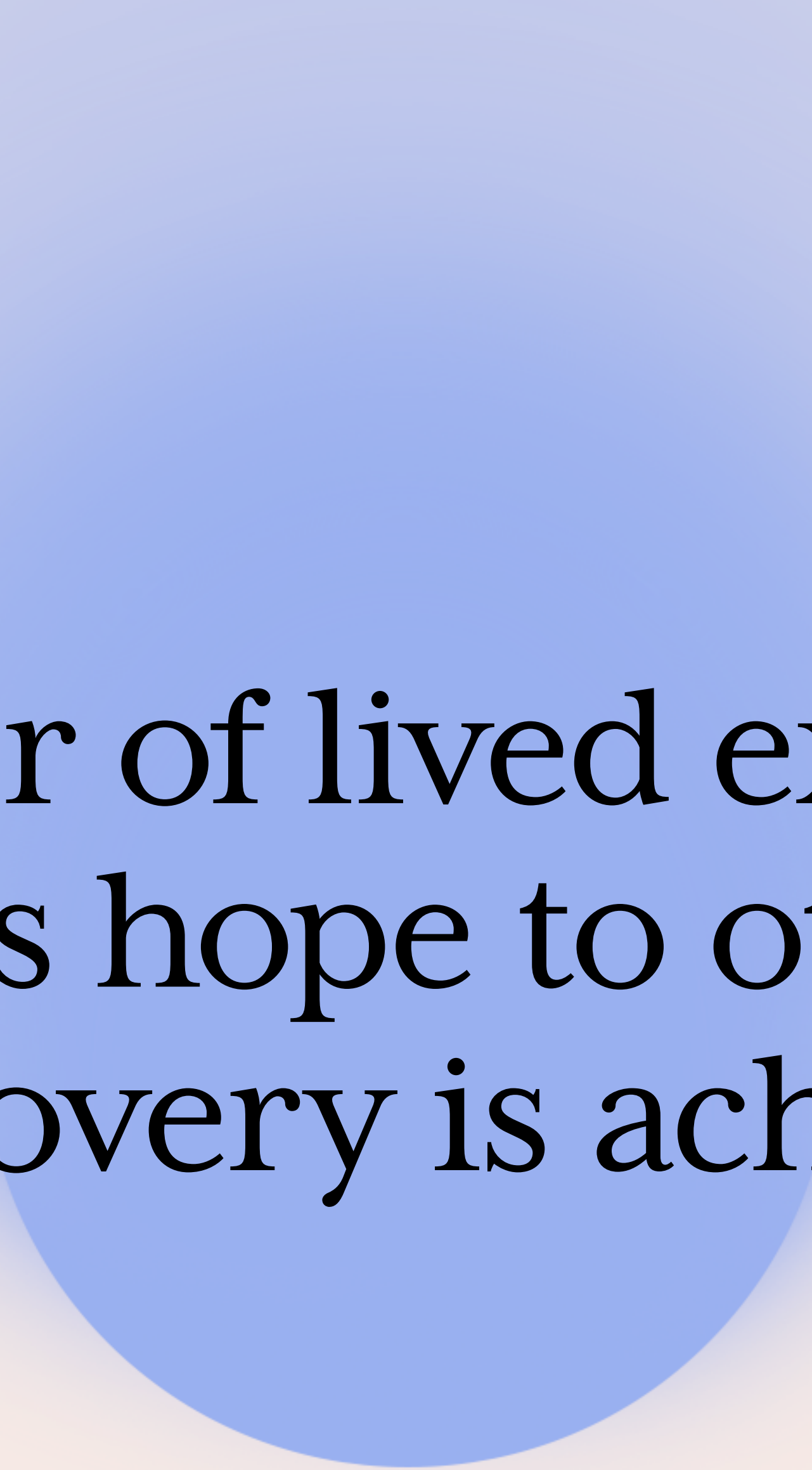
Breaking through the silence and shame of a gambling addiction

A Peer Led Perspective –
Those who have been through the same experience.



My experience

Peer lead recovery



The power of lived experience
offers hope to others
that recovery is achievable.



\$2.7 billion lost

to machines in 2019

\$257 million

in March this year

\$26 billion

average yearly loss

5 times more

machines per capita than the USA

\$15 billion

to poker machines

Ka Ching

Produced by Mitzi Goldman & Neil Lawrence



The gambler believes they will win today, they forget devastating losses of yesterday and dream of winning big tomorrow.

Therapeutic counseling

Financial counseling

Meditation

Self exclusion
from venue

Group therapy

Trauma therapy

Intervention

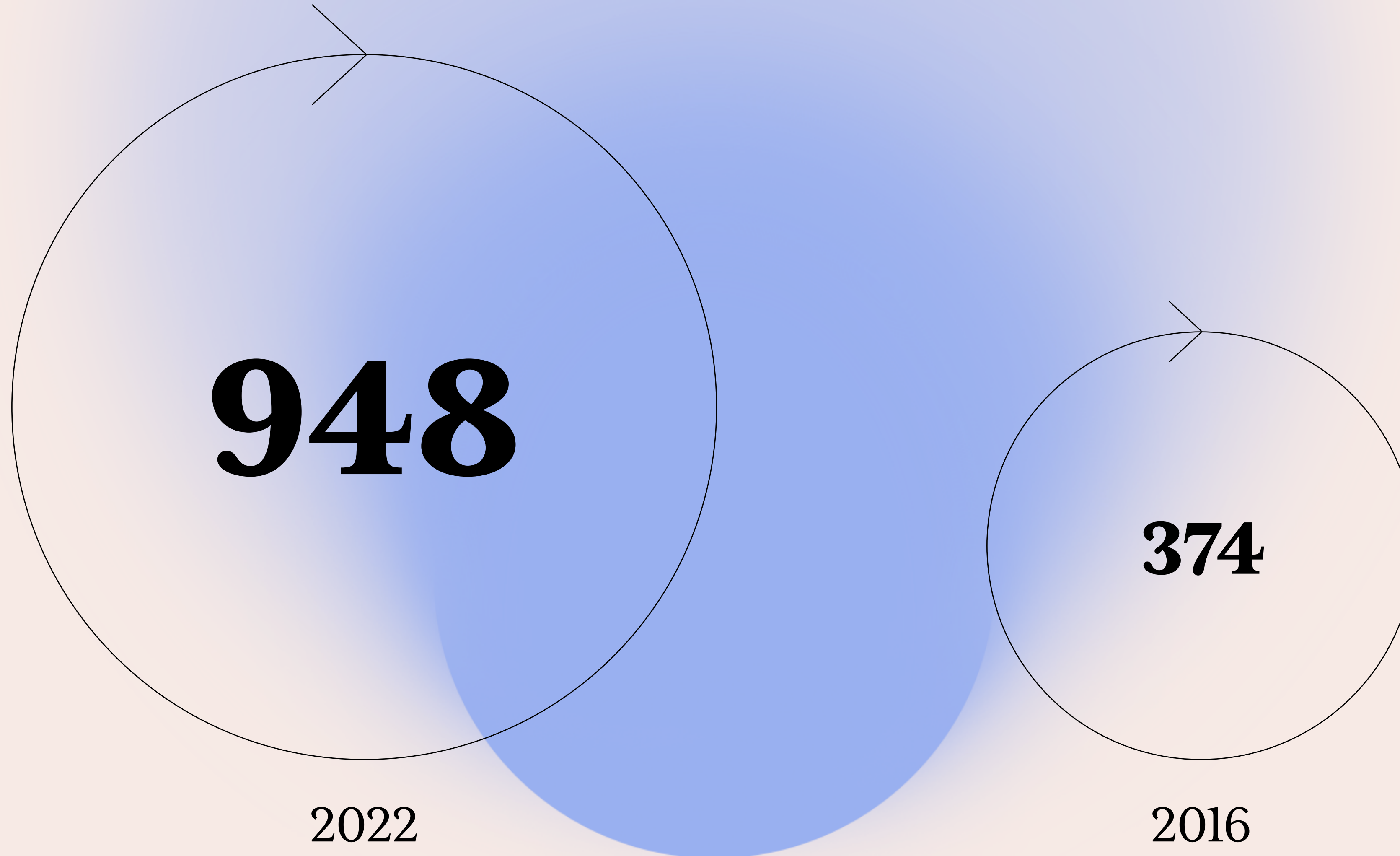
The diagram features a central blue hexagon with a black outline, containing the word "Intervention" in bold black text. This hexagon is centered within a larger, light blue circular area. Surrounding this central graphic are six text labels, each representing a different therapeutic approach, arranged in a circular pattern. Starting from the top left and moving clockwise, the labels are: "Therapeutic counseling", "Financial counseling", "Self exclusion from venue", "Trauma therapy", "Group therapy", and "Meditation". All labels are in a black serif font.



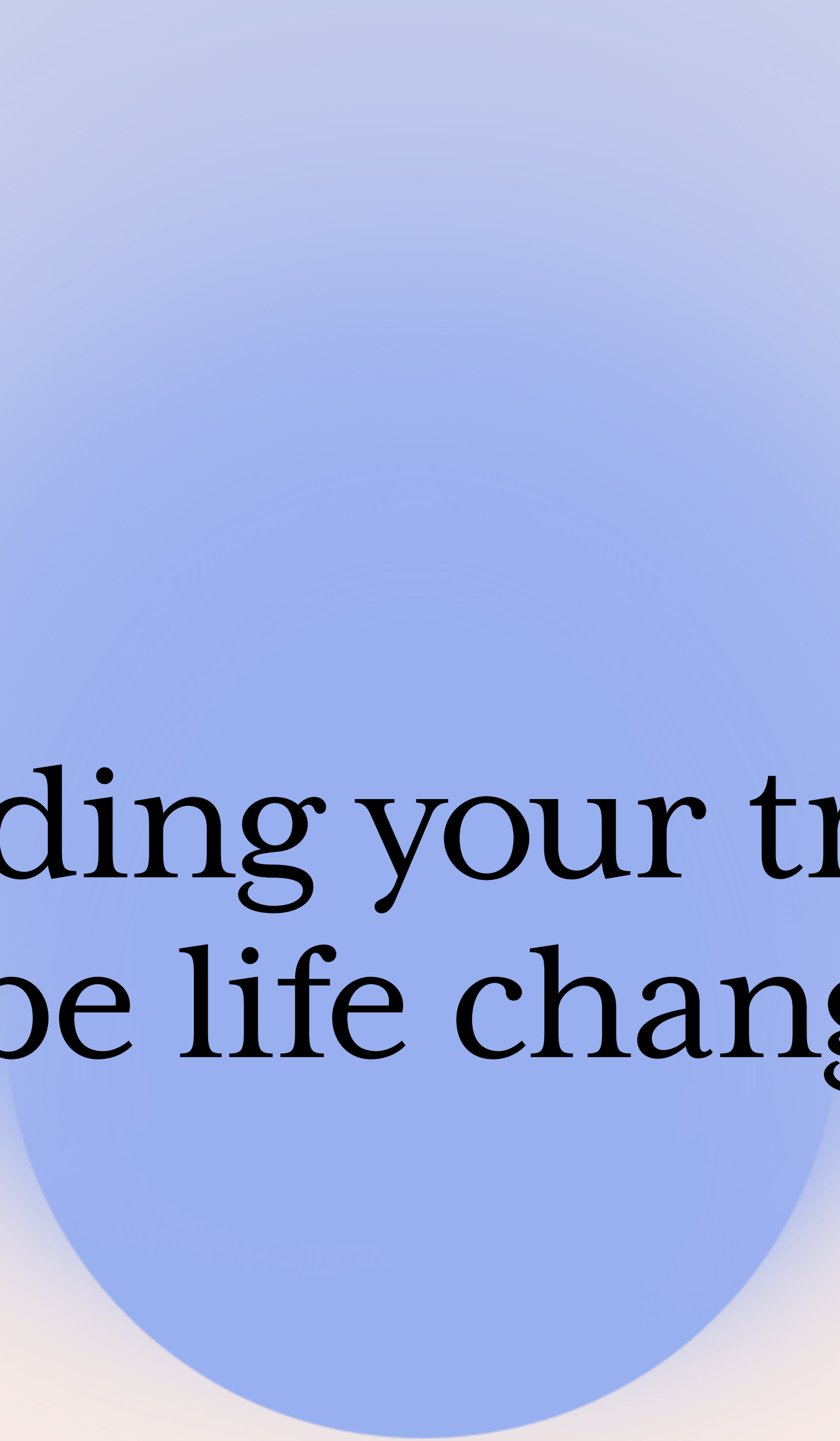
Podcast

Not a Dollar More

Produced by Peer Connection Programs,
Banyule Community Health



Sports gambling ads running in a 24hr period
on free to air TV at prime time family viewing.



Finding your tribe
can be life changing.

8 Week program

WEEK ONE Why we are here? Why we gamble? What is needed to gamble?	WEEK FIVE Budget & cash control, alternative activities, mindfulness, thought challenging, urge surfing.
WEEK TWO Stages of Change, rapid river of gambling, creating goals.	WEEK SIX Stigma and shame, values, consequences.
WEEK THREE Communication, feelings & emotions, anger management, how the pokies work.	WEEK SEVEN Strategies, reflection of self & others, self care.
WEEK FOUR Statistics, resources, choices & change.	WEEK EIGHT How to cope with stress, evaluation of program and graduation.



Deep connection

I'm not alone

Value and power of story telling

You don't want help,
you want support

Hope for the future

I'm feeling so positive

We hear and see each other

Sense of belonging



Understanding leads to recovery.