

# Check in with the Checkmates

Think someone's gambling might be getting out of hand?  
Learn to spot the signs.



## Buck

He keeps asking his mates for money

Warning sign: Borrowing money from friends and family



## Moby

He's always checking the odds

Warning sign: Only thinking and talking about gambling



## Skip

He'd rather have a punt than party

Warning sign: Becoming absent from events and commitments



## Betty

She tries to catch up by going all in

Warning sign: Chasing gambling losses

Sound familiar? Don't wait till they're broke to fix it.

Check in at [responsiblegambling.nsw.gov.au](https://responsiblegambling.nsw.gov.au)