

Media Release

The Hon Melissa Horne MP

Minister for Consumer Affairs, Gaming and Liquor Regulation

Minister for Ports and Freight

Minister for Fishing and Boating



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NEW APP TO TACKLE GAMBLING HARM

Victorians experiencing gambling harm will now have access to a new self-help program at their fingertips, thanks to a new app developed by the Victorian Responsible Gambling Foundation.

Funded by a \$200,000 investment from the Andrews Labor Government, the free *Reset* app offers people insight into why they gamble and provides strategies for tracking and managing gambling behaviours.

The interactive program was developed using research conducted by Deakin University and uses Cognitive Behavioural Therapy and motivational interviewing techniques to support people struggling with their gambling habits.

The app has been clinically tested to be used as an alternative to, or in combination with, traditional in-person counselling services.

Users can set their own goals and work through a range of interactive modules and activities at their own pace, covering challenges such as learning to cope with urges, avoiding unplanned gambling episodes and dealing with relapse as a normal part of the recovery process.

For more information or to download the app, visit resetapp.com.au or go direct to the App Store or Google Play.

Gambler's Help offers free and confidential advice, support and referral 24/7 on 1800 858 858.

Quotes attributable to Minister Gaming and Liquor Regulation Melissa Horne

"We understand the importance of minimising gambling harm and ensuring all Victorians have access to the help they need – this app is another way we're supporting people at risk of problematic gambling behaviour."

"The Reset app provides a great alternative to traditional counselling methods, removing barriers such as stigma that can prevent people from seeking help."

Quote attributable to Victorian Responsible Gambling Foundation CEO Shane Lucas

"The Reset app is an important addition to our suite of gambling harm treatment and support options and uses evidence-based best practice to mirror the experience of, or interventions used in, a counselling setting."