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Gambling Addiction



Multicultural Communities
Council of WA **United We Stand**



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Problem Gambling

What is it?

Problem gambling is characterised by difficulties in limiting money and/or time spent gambling, leading to adverse consequences for the gambler, for others, or for the community. Problem gambling does not have to mean you are totally out of control. It's any gambling behaviour that disrupts your life or the life of your loved ones.

Who is affected?

It's not just partners or spouses who can be harmed by someone else's gambling. Children, parents, grandparents, friends, neighbours and co-workers are also harmed by someone else's gambling. Recent research shows that for every person experiencing gambling harm, an average of six people close to them are also affected. Even the gambling of people with lower severity issues can affect family members and friends.

Gambling Harms

Gambling affects people from all different cultures. Most people can gamble without any trouble. But for some, gambling can cause problems like money issues, stress, and arguments with family members.

criminal activity

The three main types of criminal activity connected with gambling harm are crimes of negligence such as:

- child neglect (e.g. leaving children unattended in venue car parks)
- drug trafficking or prostitution to repay debts
- theft and fraud to fund gambling

health problems

Problem gamblers are twice as likely to be diagnosed with depression or anxiety disorders as compared to moderate risk gamblers.

emotional/psychological distress

Feelings of failure, vulnerability, worthlessness and extreme distress are experienced by people who gamble as well as those close to them.



Signs of a Problem



Having the urge to return as soon as possible after losing to win back losses



Feeling like you can't talk to anyone about your gambling



Gambling to escape problems or feelings



Hiding evidence of your gambling activity



Missing work to gamble



Betting more than you can afford



Kept awake at night because of thoughts of gambling



Building up debts you can't pay back

What Can You Do?

Relaxation and mindfulness activities can help to reduce the symptoms of anxiety and stress

relaxation



seek support



Your doctor or health care professional can provide guidance and support in relation to your mental health issues

talk to your doctor



Exercising can help you concentrate on something else, and help you think more clearly

exercise



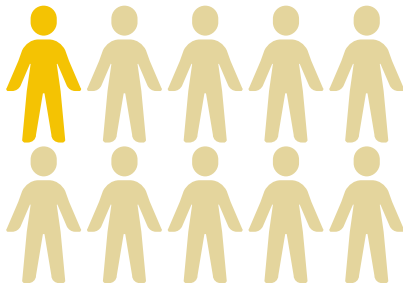
self care



Proper sleep, eating healthily, and socialising can improve your mood

Gambling & Mental Health

There is a strong link between gambling and mental health issues, such as depression and anxiety. According to research, about 40% of people who struggle with their gambling also have depression or anxiety.



1 in 10 low-risk gamblers report experiencing depression or anxiety disorders

Even for people who don't have mental health issues, moods and gambling can still be connected. Moods like sadness, anxiety, and stress can trigger gambling. It's also common for people to feel a mix of negative emotions after gambling, like anger, guilt, shame, self-doubt, and feelings of failure.

This means that gambling and mental health issues can create a cycle that is hard to break. People may gamble because they think it will make them feel better, but usually it doesn't. Instead, they often end up losing money or experiencing other problems, which can make them feel worse. They may then gamble again to make themselves feel better, and the cycle repeats.



Tips for Safer Gambling

1

GAMBLE FOR FUN, NOT BECAUSE YOU NEED TO MAKE MONEY

Keep up with your other interests, friends, family, and work.

Be aware of your mood and how it affects your gambling. You may find that you gamble more when you are feeling stressed, angry, depressed, or sad.

2

BE AWARE OF GAMBLING HARM

Consider promotional bets carefully; they may be leading you to make bets different than what you normally would, or to bet on sports you wouldn't normally bet on.

Put the phone down and watch the sport for what it is.

3

SET LIMITS WITH YOUR MONEY

Decide in advance the amount of money you will spend on gambling per month/week etc.

Keep an eye on your current and past spending – look for patterns or trends.

4

SET LIMITS WITH YOUR TIME. IT'S EASY TO LOSE TRACK OF TIME

Set start times and finish times for when you will gamble.

Choose an ideal duration for play – set a timer to remind you to stop or take a break in play.

5

DON'T BORROW MONEY FOR GAMBLING

Never ask other people for money or take out a loan for gambling.





Information for Families & Friends

PRACTICAL STEPS TO AVOID FINANCIAL HARM

Partners

- make a family budget that is achievable, especially when aiming to repay debts, so the person with a gambling problem doesn't feel the need to gamble more
- agree on how much cash or credit your partner can have, so they're not tempted to gamble
- open separate bank accounts or have accounts set up that require two signatures for withdrawals
- put valuables in a safety deposit
- speak to the the bank to ensure your home can't be re-mortgaged
- get legal advice so you know your rights, if and when needed

Family & Friends

- think carefully about your own finances before offering to help anyone else financially
- pay the bills yourself rather than lend money for bills
- keep your valuables and cash out of sight
- change your will to ensure future inheritance will not be lost to gambling

SEEK SUPPORT

A support group offers a safe place where you can get information that's practical, constructive, and helpful. You'll have the benefit of encouragement, and you'll learn more about coping with your problems through shared experiences. Hearing from others facing similar challenges can also make you feel less alone in your troubles.



Resources

Phone Services

National Problem Gambling Helpline

1800 858 858

- Support and information
- Free and confidential financial counselling to help manage your debts and find solutions
- 24 hour telephone support
- Free call and will not be listed on your telephone account

SSI - Multicultural Gambling Harm Prevention Services

1800 329 192

- Free CaLD services for informed and confidential gambling support
- Available in more than 7 languages

Gambler's Help Youthline (under 25s)

1800 262 376

- 24/7 advice and support
- Free and anonymous
- For those affected by gambling or family and friends

Translating and Interpreting Service (TIS National)

131 450

- Let them know your preferred language and they can assist with immediate phone interpreting
- Call TIS to as them to contact a service on your behalf
- Free of charge

Lifeline

13 11 14

- 24/7 crisis support
- Or text 0477 13 11 14

Online Services & Resources

Gambling Help Online

<https://www.gamblinghelponline.org.au/>

- Online counselling
- Self-help advice and information
- Live chat
- Email support and counselling
- Available in 15 languages
- Free service

Gambler's Help

<https://gamblershelp.com.au/>

- Resources and information in different languages
- CaLD counselling
- Support for family and friends
- Financial counselling



Resources

Counselling Services & Support Groups

Gambling Help W.A - Centrecare

2302-2308 Albany Hwy, Gosnells WA 6110
(Mon - Fri: 9:00am - 5:00pm)

- Free service for people affected by problem gambling, their partners and families.
- Individual and couples counselling
- Group support program

(08) 9325 6644 (Perth Metropolitan)
(08) 9721 5177 (Southwest Region)
enquiries@centrecare.com.au

Gamblers Anonymous Australia

- Meetings and gambling support for people affected or family and friends

<https://gaaustralia.org.au/meetings/>
(08) 9487 0688
garsogji@live.com.au

Legal/Financial Support

Gosnells Community Legal Centre

Gosnells Community Lotteries House Suite 1, 2232
Albany Hwy Gosnells WA 6110
(Mon - Fri: 9:00am - 3:30pm)

Free financial counselling service aiming to aid people in financial hardship by providing information, advice, and advocacy

<https://gosclc.com.au/>
(08) 9398 1455
admin@gosclc.com.au

National Debt Helpline

- Free and confidential service
- Resources, advice, and referrals
- Free financial counselling

ndh.org.au
1800 007 007 (Mon - Fri: 9:30am - 4:30pm)

