



Constructing a Healthier Industry

warning signs

WARNING SIGNS THAT GAMBLING MAY BE A PROBLEM IN YOUR LIFE

These signs can indicate that you may be developing or have developed a problem with gambling:

- Do you think about gambling every day?
- Do you chase your losses?
- Do you feel depressed as a result of your gambling?
- Do you ever hide your gambling from people close to you?
- Do you ever borrow money from friends in order to gamble?
- Do you argue with family over money and your gambling?
 - Do you often gamble for longer than you had planned?
 - Do you often gamble until your last dollar is gone?
 - Do you lose sleep because you are thinking about gambling?
 - Do you let bills go unpaid because you are using the money for gambling?
 - Do you frequently try to stop gambling but find that you cannot?
 - Do you set limits and then find them difficult to stick to?
 - Do you find that you are not talking honestly to anyone about how often or how much you spend on gambling?
 - Is your role as a parent or worker being adversely affected because your thoughts are constantly on gambling?



Develop a support network of family or friends to talk to when you want to resist the urge to gamble.

If you answered yes to any of the questions above, you may have a problem.

GAMBLING CAN AFFECT

Personal life

- Family life
- Financial situation
- Work life
- Health
- Values
- Social life

STRATEGIES TO CONTROL GAMBLING

Following are some suggestions for reducing the harm associated with gambling:

- Work out how much you can afford to spend on gambling and budget for it.
- Be careful to stick to your gambling budget. One way to do this is to only take the amount of money you have budgeted for gambling.
- Only use your own money.
- Practice delay in responding to the urge to gamble by doing something else or finding long term alternative enjoyable activities.
- Gamble in company - not alone.
- Develop a support network of family or friends to talk to when you want to resist the urge to gamble.
- Sometimes, even after trying some of these strategies, dealing with gambling problems can be too difficult to do alone. This is when the extra support of someone who specialises in gambling counselling can be very helpful

The OzHelp Foundation

1300 OZHELP (1300 694 357)

www.ozhelp.org.au



Australian Government
Department of Health and Ageing