



Where to seek help

Each state provides a free and confidential 24-hour telephone counselling and referral service

VIC <http://www.problemgambling.vic.gov.au/> Ph 1800 156 789

SA <http://www.problemgambling.sa.gov.au/> Ph 1800 060 757

WA <http://www.centrecare.com.au> Ph 1800 622 112

QLD <http://www.responsiblegambling.qld.gov.au/> Ph 1800 222 050

NSW and ACT http://www.olgr.nsw.gov.au/gaming_hfpg.asp Ph 1800 633 635

TAS <http://www.centrelink.gov.au/> Ph 1800 000 973

NT <http://www.centrelink.gov.au/> Ph 1800 629 683



Australian Government
Department of Defence

ADF Mental Health Strategy GAMBLING




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well

work
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Z00 31620-19



Gambling is a popular part of Australian culture and a legitimate form of entertainment for many people. Individuals can bet on horse racing, greyhound racing, and other sporting events, as well as purchase lotto and raffle tickets, play electronic gaming machines or play the many types of casino games.

Who and why do people gamble?

Recreational gamblers comprise the vast majority of the community; these are people who gamble as a form of entertainment or to add excitement to their social outing. A small percentage of the community, however, are at risk of becoming, or are, problem gamblers. These people usually begin as recreational gamblers but their gambling increases to problem levels for one or a number of reasons. These reasons may include trying to win back losses, avoiding responsibilities or attempting to distract oneself from life problems.

What is problem gambling?

Problem gambling is the term used to describe gambling behaviour that negatively impacts on other areas of a person's life. This is a broad description because problem gambling, while commonly associated with financial difficulties, may also impact on many other areas of a person's life.

These other areas may include work performance, social and sporting activities and family relationships. It can also cause some people to engage in illegal activities to either reduce financial losses or obtain further funds to gamble.

Gamblers aren't the only people affected by problem gambling; it may also impact on family members.

Some signs of problem gambling

A person may have a gambling problem if they experience any one or more of the following:

- frequent thoughts about gambling (including opportunities and strategies)
- gambling with increased amounts to achieve the desired level of excitement
- unsuccessful attempts to reduce or stop gambling
- gambling as a way of escaping problems
- chasing losses
- lying to conceal the extent of gambling
- committing illegal acts to finance gambling
- jeopardising or losing a relationship, job or career opportunity
- borrowing money to finance gambling.

Ways to reduce problem gambling

There are many practical ways that people can reduce their problem gambling behaviour. It helps if they can:

- understand and address the underlying issues that led to the problem
- alter beliefs about the likelihood of winning
- take only a fixed amount of money to gamble
- leave ATM cards at home
- identify an alternative activity
- talk to someone about the problem
- enter into a venue self-exclusion program
- gain a better understanding of the rates of return for different types of gambling.