

## GAMBLING HARM IN THE ACT

Gambling harm is any negative consequence caused or made worse by gambling. In 2019

**44,000**

ACT adults had experienced harm from their own or someone else's gambling

5% of ACT adults had experienced harm from someone else's gambling

Behaviours and symptoms of problem gambling were assessed with the Problem Gambling Severity Index (PGSI).

Prevalence rates for each of the PGSI categories were:

**40.0%** non-gamblers

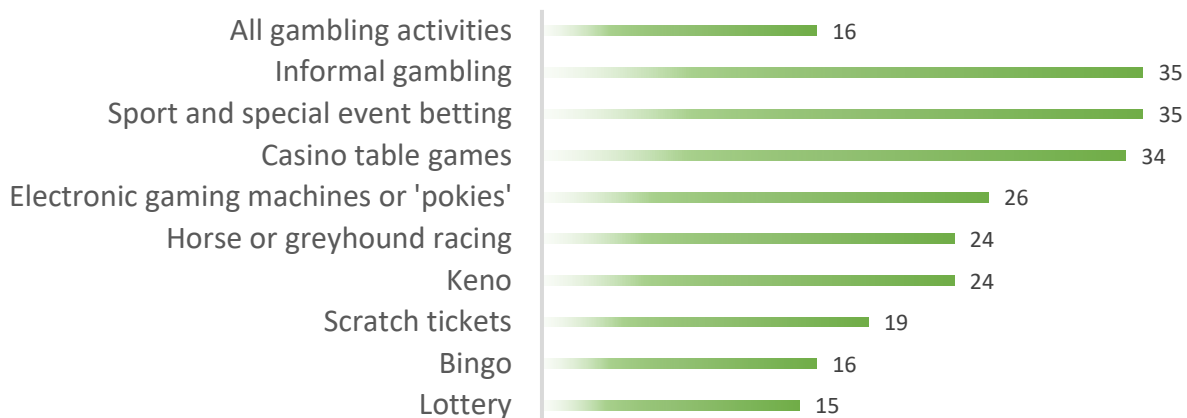
**49.6%** non-problem gambling

**7.0%** low-risk gambling

**2.5%** moderate-risk gambling

**0.8%** problem gambling

## GAMBLING HARM BY ACTIVITY USING THE SHORT GAMBLING HARM SCREEN AS A PROPORTION OF GAMBLERS (%)



## GAMBLING HELP AND INFORMATION SEEKING IN THE ACT

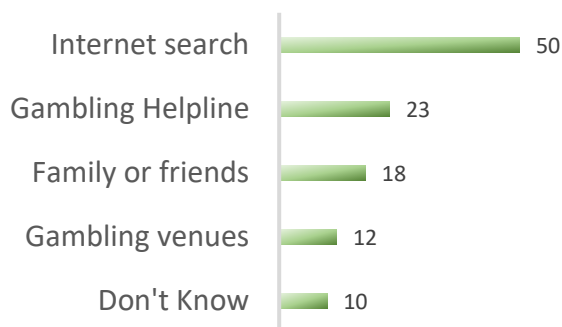
### ACT adult population (%)

*If you were experiencing harm from gambling, where would you go for information?*



### People experiencing gambling harm (%)

*If you were experiencing harm from gambling, where would you go for information?*



**1.5%** of people who had gambled in the last 12 months had ever sought help or support for gambling

**15%** of people who had experienced harm from someone else's gambling wanted help or support in the last 12 months

People who had ever experienced harms from gambling, and had sought help, did not rely on only one form of support. **The average number of help, support, or information-seeking activities used throughout their lifetime was 8.**

Talking to family or friends, using self-help strategies, seeing a counsellor or psychologist, or seeing a financial counsellor were the most common forms of information and help-seeking.