

# SAFER GAMBLING

HARDHATCHAT

## DO YOU THINK YOU ARE GAMBLING TOO MUCH?

Answer the questions below, as truthfully as you can, about your experiences over the last 12 months with gambling:

- |  |                              |                             |
|--|------------------------------|-----------------------------|
| 1. Sometimes I've felt depressed or anxious after a session of gambling.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 2. Sometimes I've felt guilty about the way I gamble.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 3. When I think about it, gambling has sometimes caused me problems.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 4. Sometimes I've found it better not to tell others, especially my family, about the amount of time or money I spend on gambling. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 5. I often find that when I stop gambling I've run out of money.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 6. Often I get the urge to return to gambling to win back losses from a past session.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 7. I have received criticism about my gambling in the past.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| 8. I have tried to win money to pay debts.   | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

### Scoring guide

If you answered 'Yes' to four or more questions, gambling could be affecting your life, and you may want to consider getting help by contacting the services referred to on page 2 in this booklet.

Source: EIGHT Screen (Early Intervention Gambling Health Test), developed by Dr Sean Sullivan from the Goodfellow Unit at Auckland Medical School.

## GETTING HELP

If you want to talk to someone who can help you, your family or friends control their gambling, please call **1800 858 858**



Everyone loves to pick a winner. If you're like most Australians, you enjoy a bet on the horses, your favourite sport, or trying your luck on the pokies or games at a casino.

Sometimes though, we can spend more time and money on gambling than we can afford. This can spoil the enjoyment of having a bet, and can also cause harm to us as well as our families and friends. Other problems from spending too much on gambling can arise making us feel rejected, misunderstood and isolated.

#### Facts and figures on gambling

- Problem gambling rates tend to be higher among males and among younger age groups
- Approximately 75-80% of gambling related problems are associated with electronic gaming machines

#### ARE YOU GAMBLING MORE BUT ENJOYING IT LESS?

##### Gambling warning signs

Here are some signs that gambling might be starting to become an issue:

- It's not as much fun as it used to be
- You are betting more than you can afford to lose
- You are borrowing money to keep gambling
- You are gambling with money set aside for food or bills

## GET HELP AND YOU'RE ON A WINNER!

**ACT Gambling Counselling and Support Service**

**Call 1800 858 858**

Free, confidential telephone and face-to-face counselling for gambling and financial problems.

**Gambling Help Online**

Visit  
**[gamblinghelponline.org.au](http://gamblinghelponline.org.au)**

This website provides online counselling, email support and information for anyone with a gambling concern. It is free, anonymous, confidential and available 24 hours a day, 7 days a week.

**With problem gambling,  
you've got everything to lose.**



#### IT'S TIME TO MAKE A WINNING MOVE

##### Safer gambling tips

There are lots of ways to help yourself stick to a limit and reduce the likelihood that gambling will cause harm to you and your family.

It's up to you to decide whether you are happy with your level of gambling or if you want to cut back, or stop altogether.

- Set a maximum amount and stick to it
- Leave your ATM card at home when you gamble
- Venue staff can assist you to be excluded from gambling at their venue
- Talk to a gambling counsellor
- Socialise in places that do not have gambling facilities