PROBLEM GAMBLING RISK FACTORS

» An early big win
» Easy access to preferred form of gambling
» Strong, mistaken beliefs about the odds of winning
» Self-esteem tied to gambling wins or losses
» Not monitoring gambling wins and losses
» Recent loss or change (e.g. divorce, job loss, serious injury)
» Past or current:
  • history of risk-taking behaviour
  • financial problems
  • mental health problems and/or abuse or trauma
  • problems with substance use and/or gambling
  • family members with problem gambling
SIGN AND INDICATIONS

» Financial (loss and borrowing of money, missing valuables, unpaid bills, lack of food)

» Mood and behaviour (withdrawing from social and family events, decreased work performance, agitation, depression, suicidal thoughts and feelings of hopelessness)

» Unexplained absences; secretive behaviour

» Change in personality & behaviour (sleeping, eating or sexual patterns)

» Controlling behaviour, use of threats, lies or charm to manipulate others

» Increased use of alcohol/other drugs

» Ignoring self-care and daily tasks

» Leaving children alone, neglecting their basic care

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