

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

SIGNS 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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