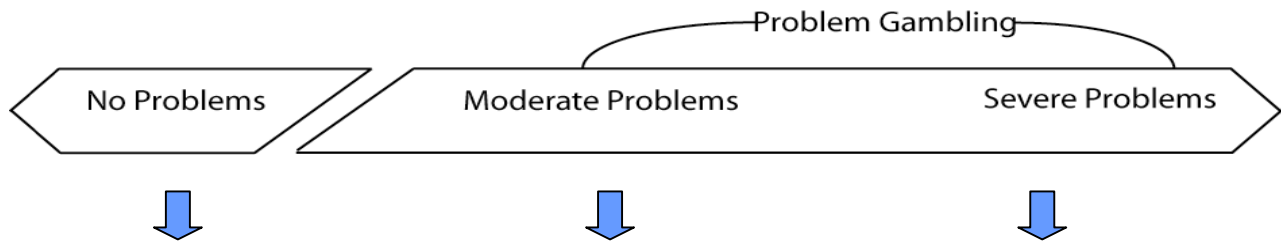


# The Gambling Continuum\*



Gambling Seen As...	Can Be Seen As...	And Present As...
Entertainment	Chasing losses	Depression
Hobby	Guilt	Serious suicidal thoughts
Social activity	Arguments	Divorce
Pleasant surroundings	Concealment of gambling	Debt and poverty
	High expenditures	Crime

\*Adapted from Productivity Commission 1999, Australia's Gambling Industries, Report No. 10

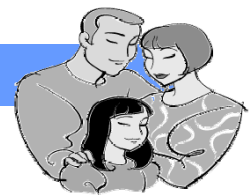
## Problem Gambling Signs

- Do you think about gambling every day?
- Do you chase your losses?
- Do you feel depressed or anxious because of your gambling?
- Do you hide your gambling from people close to you?
- Do you borrow money so you can gamble?
- Do you argue with family members or friends over money or gambling?
- Do you often gamble until your last dollar is gone?
- Do you let bills go unpaid because you use the money for gambling?



## Problem Gambling Solutions

- Set time and money limits – and stick to them.
- Keep daily records of all your winnings and your losses.
- Avoid going to the casino, the club / pub, the TAB or any other place where you have bet in the past.
- Find out if the venue has a self-banning procedure and ask to be banned from gambling.
- Spend the time that you would have spent gambling with extra family time, sport or activities with friends.



## Where To Get Help

- > **Multicultural Problem Gambling Service for NSW / Tollfree 1800 856 800**
- > **Gambling Help 1800 858 858 (24 hours / 7 days a week)**

