

WHERE DOES GAMBLING FIT IN YOUR LIFE?

No one starts gambling expecting it to be a problem, but it does happen. Keep track of your gambling - don't be caught off-guard.

Answer the questions below to see how you are going.

Scoring: 0 = "never" 1 = "sometimes"
 2 = "most of the time" 3 = "almost always"

Your total will be between 0 and 27 points

Turn over the page for information about your score

Thinking about
the past 12 months:

1. How often have you bet more than you could really afford to lose?
2. How often have you needed to gamble with larger amounts of money to get the same feeling of excitement?
3. How often have you gone back another day to try to win back the money you lost?
4. How often have you borrowed money or sold anything to get money to gamble?
5. How often have you felt that you might have a problem with gambling?
6. How often have people criticized your betting or told you that you had a gambling problem, whether or not you thought it was true?
7. How often have you felt guilty about the way you gamble or what happens when you gamble?
8. How often has your gambling caused you any health problems, including stress or anxiety?
9. How often has your gambling caused financial problems for you or your household?

TOTAL

GAMBLER'S HELP™ 1800 156 789

SOUTHERN

These questions are based on the Problem Gambling Severity Index (PGSI) component of the Canadian Problem Gambling Index (CPGI).

SCORES

0 “Non gambler”

You haven't gambled at all in the last 12 months. But that doesn't mean gambling is something you should ignore, as you will probably have opportunities to gamble in the future.

0 “Non-problem gambler”

You do gamble but have no negative effects. Be aware that life changes or increased gambling could mean that gambling becomes a concern. Keep an eye on your gambling to help keep it problem-free.

1-2 “Low risk gambling”

Your gambling has had few, if any, negative effects in the last 12 months. But there have been times when your gambling put you at risk. Your risk taking may increase, particularly if your life changes or your gambling increases. Act now to manage your gambling.

3-7 “Moderate risk gambling”

Your gambling behaviour, or the consequences, are ringing alarm bells. Without action you may have a serious situation to deal with. If you gamble more or are coping with other life issues, your risk is further increased. Now is the time to make careful decisions and develop an action plan to manage your gambling.

8 and over “Gambling Problem”

Gambling has significant negative impacts on your life. It is affecting your health or wellbeing, finances and/or relationships. You may feel you have lost control of your gambling. To stop further harm to yourself and others, take stock of your gambling, consider your options and commit to a plan.

GAMBLER'S HELP SOUTHERN

Intake Ph: 9575 5353

9.30 am - 4.30 pm; Mon - Fri; (voicemail after hours)

Web: www.ghsouthern.org.au

Free, confidential counselling and financial counselling, community education and professional development:

Bayside, Cardinia, Casey, Frankston, Glen Eira, Greater Dandenong, Kingston, Mornington Peninsula, Port Phillip, Stonnington