



FACT SHEET: STUDYING ABROAD & PROBLEM GAMBLING

IN AUSTRALIA, INTERNATIONAL STUDENTS CONSTITUTE NEARLY ONE-FIFTH OF THE NATION'S HIGHER EDUCATION POPULATION. ALMOST HALF OF THE INTERNATIONAL STUDENT POPULATION IN AUSTRALIA IS AGED BETWEEN 20 AND 24 YEARS OLD, WITH THE MAJORITY (88 %) UNDER 30 YEARS OF AGE. SO FAR, INTERNATIONAL STUDENTS HAVE LOWER LEVELS OF PARTICIPATION IN GAMBLING THAN DOMESTIC STUDENTS, BUT DISPLAY HIGHER LEVELS OF PROBLEM GAMBLING BEHAVIOUR. THEY ALSO HAVE A HIGHER WEEKLY EXPENDITURE ON GAMBLING.

PROBLEM GAMBLING

NOT ALL PEOPLE WHO GAMBLE ARE PROBLEM GAMBLERS. GAMBLING IS A PROBLEM WHEN IT:

- Interferes with work, school or other activities
- Leads to emotional or physical health problems
- Causes financial problems
- Harms the family or other relationships

RISK FACTORS

THERE ARE A LIST OF THINGS THAT MIGHT INCREASING THE RISKS OF INTERNATIONAL STUDENTS' PROBLEM GAMBLING ISSUE IN AUSTRALIA

- Higher stress levels
- Less social support and less functional coping strategies
- Exposure to legalised gambling and increased accessibility
- Freedom and lack of family presence
- Lack of experience in financial management

SIGNS TO LOOK OUT FOR

THERE ARE SIGNS TO LOOK FOR IF YOU THINK YOU HAVE A PROBLEM WITH BETTING. THEY ARE:

- Spending less time with mates and making excuses to have a bet
- Feeling down or stressed out because of betting
- Being obsessed with betting or the odds more than watching an actual game
- Spending lots of time talking or thinking about betting
- Fighting with your family about money or how often you are gambling
- Lying or being secretive about your betting
- Missing work or school and getting lower marks
- Asking for money from family and friends
- Betting to try to win back the money you've lost



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SUPPORT SERVICES

IF YOU THINK YOU HAVE A PROBLEM, TALKING TO SOMEONE YOU TRUST IS A GREAT FIRST STEP TO GET BACK IN CONTROL, SUCH AS YOUR FRIENDS, FAMILY OR YOUR DOCTOR.

THERE ARE A NUMBER OF MAINSTREAM AND COMMUNITY SUPPORT ORGANISATIONS THAT PROVIDE IN-LANGUAGE COMMUNITY EDUCATION, COUNSELLING, PEER SUPPORT AND OTHER SERVICES TO INDIVIDUALS, FAMILIES AND COMMUNITIES AFFECTED BY GAMBLING-RELATED HARM.

MAINSTREAM:

- Gambler's Help Youthline
Contact: 1800 262 376

ARABIC SPEAKERS:

- Arabic Welfare Inc.
Contact: Hoda Nahal
goweh@arabicwelfare.org.au +61 3 93809346
- Victorian Arabic Social Services (VASS)
Contact: Issam Alameh issam.alameh@vass.org.au
+61 3 93592861

CHINESE SPEAKERS:

- Chinese Gambling Concern Incorporated (CGCI)
Contact: Victoria +61 3 9275 6988
- EACH Social and Community Health (EACH)
Contact: rcsintake@each.com.au 1300 131 973

VIETNAMESE SPEAKERS:

- Australian Vietnamese Women's Association (AVWA)
Contact: Kim Vu
kim.vu@avwa.org.au +61 3 9428 9078
- Springvale Indo-Chinese Mutual Assistance Association Incorporated (SICMAA) SICMAA
Contact: Bic Gresty
bgresty@sicmaa.org.au +61 3 9547 6161

FOR INTERNATIONAL STUDENTS ONLY

FOR INTERNATIONAL STUDENTS, DUE TO THEIR SPECIAL VISA CONDITIONS, THEY ARE USUALLY CONSIDERED AS TRANSIENT MIGRANT OR TEMPORARY RESIDENT TO THIS COUNTRY. THEREFORE, THE FIRST CONTACT POINT FOR THEM TO GET HELP ARE USUALLY THEIR EDUCATION PROVIDERS, SUCH AS THE PROGRAM COORDINATOR, STUDENT ADVISOR/COUNSELLOR AND WELFARE OFFICER. OTHER THAN THAT, THEY CAN ALSO CONTACT THE FOLLOWING INTERNATIONAL STUDENTS WELFARE ORGANISATIONS FOR SUPPORT WITH THEIR GAMBLING/GAMING OR OTHER ISSUES DURING STUDY IN AUSTRALIA:

- SMSC The Study Melbourne Student Centre (SMSC) is a 'one stop shop' where international students in Victoria can access a range of free support, information and welfare services.
Phone: 1800 056 449 (free call from landline phones)
E-mail: info@studymelbourne.vic.gov.au
Drop-in to the office: 599 Little Bourke Street, Melbourne 3000
- **The Drum Youth Service** The drum Youth Services targets young people aged 12 to 25 who live, study, work or visit Carlton and Parkville.
Phone: 9663 6733