



LOW AND MODERATE RISK GAMBLING

MOST OF THE VICTORIAN ADULT POPULATION GAMBLES AT LEAST OCCASIONALLY. IN 2014, AN ESTIMATION OF 122,500 VICTORIAN ADULTS WERE MODERATE-RISK GAMBLERS AND 391,200 VICTORIAN ADULTS WERE LOW-RISK GAMBLERS. THE PREVALENCE OF LOW-RISK GAMBLING HAS INCREASED FROM 5.7% IN 2008 TO 8.91% IN 2014 ACROSS VICTORIAN POPULATION. A SIGNIFICANT INCREASE IN LOW-RISK GAMBLING HAS BEEN WITNESSED IN WOMEN AGED 35 TO 44.

LOW RISK GAMBLERS

- A score of 1-2 on the Problem Gambling Severity Index (PGSI)
- Usually experience a low level of problems
- Have few or no identified negative consequences
- May occasionally spend over your limit or feel guilty about gambling

MODERATE RISK GAMBLERS

- A score of 3-7 on the Problem Gambling Severity Index (PGSI)
- Usually experience a moderate level of problems
- Have some negative consequences
- May sometimes spend more you can afford, lose track of time or feel guilty about gambling
- Around 73.27% of the moderate risk gamblers were male and 40.40% of them were aged over 65

COMPARED TO LOW-RISK GAMBLERS AND NON-GAMBLERS, MODERATE RISK GAMBLERS HAVE THE GREATEST PROBABILITY OF TRANSITIONING TO PROBLEM GAMBLING BASED ON A STUDY DONE IN AUSTRALIA.



Although the problem gamblers would suffer much more severe harms from their engagement with gambling, the total harm that low and moderate risk gamblers suffer would count for over 80% of the aggregated harm due to their large numbers in total population!

KNOWING WHEN TO STOP

IT'S TOTALLY FINE IF YOU ONLY GAMBLE FOR FUN AND YOUR GAMBLING IS UNDER CONTROL. HOWEVER IF YOU CONCERN THAT YOU MIGHT HAVE A PROBLEM WITH GAMBLING, CHECK IF ANY OF THE FOLLOWING THINGS HAPPEN TO YOU:

- Gamble to avoid dealing with problems
- Think about gambling every day
- Lie or keep secret about gambling
- Borrow money to gamble
- Gamble until every dollar is gone
- Don't Pay bills and use the money for gambling
- Try to increase the excitement of gambling by placing bigger bets
- Break the law to get money to gamble

IF YOU TRY TO STOP GAMBLING, BUT CANNOT, IT IS ALSO A SIGN THAT YOU OR SOMEONE YOU KNOW MAY HAVE AN ISSUE WITH GAMBLING!

GAMBLING IS USED AS A NORMAL RECREATIONAL AND SOCIAL ACTIVITY IN MANY CULTURES, SUCH AS PLAYING CARDS OR MAHJONG DURING LUNAR NEW YEAR IN CHINA AND VIETNAM. HOWEVER, THESE PEOPLE, WHO ARE FROM MIGRANT AND REFUGEE BACKGROUND AND WERE LOW AND MODERATE RISK GAMBLERS IN THEIR HOME COUNTRIES, CAN BE MORE VULNERABLE TO PROBLEM GAMBLING DUE TO A RANGE OF FACTORS ASSOCIATED WITH MIGRATION.

TRIGGERS OF PROBLEM GAMBLING RALETING TO MIGRATION

THESE FACTORS INCLUDE BUT NOT LIMITED TO:

- Stresses related to pre-migration, migration and settlement experiences
- Social and financial issues related to migration and settlement issues, including change of social status
- Lower socio-economic status caused by unemployment or underemployment
- Limited English language skills
- Marginalisation, social isolation and exclusion from the wider community
- Lack of culturally appropriate and accessible alternative activities
- Past experiences of trauma, torture and/or grief
- Cultural conceptions of fate, luck and chance that are met with increased access to gambling

FREE SUPPORTING SERVICE: GAMBLER'S HELP

IF YOU THINK YOU HAVE A PROBLEM, TALKING TO SOMEONE YOU TRUST IS A GREAT FIRST STEP TO GET BACK IN CONTROL.

GAMBLER'S HELP IS A FREE AND CONFIDENTIAL SERVICE TO SUPPORT PEOPLE AFFECTED BY GAMBLING RELATED PROBLEM ACROSS VICTORIA. IT OFFERS SUPPORT, ADVICE AND INFORMATION TO PEOPLE AFFECTED BY GAMBLING (BOTH GAMBLERS AND NON-GAMBLERS) AND TO THE BROADER COMMUNITY.

Counselling for gambling-related problems offers:

- A professional, confidential and free service
- A thorough assessment of gambling and other related issues
- Information to fit the needs of the client
- Referrals to other agencies and help services where appropriate
- Services for individuals, couples, families or groups
- Support for both the gambling and/or their partners and families
- Culturally appropriate assistance

To get in touch with a local, free of charge counsellor, you can also call Gambler's Help on 1800 858 858 or Gambler's Help Youthline on 1800 262 376. Interpretation services can be arranged for free upon request.

Most of the content of this information sheet comes from the Victorian Responsible Gambling Foundation website. For further information, please visit: <https://www.responsiblegambling.vic.gov.au/>.