



FACT SHEET: YOUNG PEOPLE, MIGRATION & PROBLEM GAMBLING

THE PREVALENCE RATE OF PROBLEM GAMBLING AMONG THE ADOLESCENT AND YOUNG ADULT IN AUSTRALIA ARE AROUND 3-4 TIMES HIGHER THAN THEY ARE AMONGST ADULTS. FOR YOUNG PEOPLE WITH IMMIGRANT AND REFUGEE BACKGROUND, THOSE DISPROPORTIONATELY AFFECTED BY PROBLEM GAMBLING INCLUDED ASIAN IMMIGRANTS WHO ARE EMPLOYED IN SHIFT WORK AND NEWLY ARRIVED YOUNG ASIAN ADULTS. STUDYING ENGLISH.

RISK FACTORS

YOUNG PEOPLE WHO HAVE MIGRATED TO AUSTRALIA FACE A RANGE OF ADDITIONAL CHALLENGES WHICH MAY PLACE THEM AT A HIGHER RISK OF MENTAL HEALTH PROBLEMS

- Adapting to a new culture and language
- Negotiating issues of belonging and identity in a cross-cultural context
- Experiences of racism and discrimination
- Lack of familiarity with Australia's social systems

THIS IS PARTICULARLY THE CASE WHEN PEOPLE ARE FORCED TO LEAVE THEIR HOME COUNTRY AS REFUGEES. NEWLY ARRIVED IMMIGRANTS AND REFUGEES FACE MANY CHALLENGES, INCLUDING THE STRESS OF MIGRATION, SOCIAL ISOLATION, LANGUAGE BARRIERS, TRAUMA AND GRIEF, LACK OF EDUCATION OR EMPLOYMENT, AND DIFFERENT RECREATION OPPORTUNITIES, AS WELL AS A NEW SET OF CUSTOMS AND NORMS INCLUDING BEHAVIOURS RELATED TO GAMBLING

SIGNS TO LOOK 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



Multicultural
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G A P
GAMBLING AWARENESS PROJECT

IN-LANGUAGE SUPPORTING SERVICES

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

THERE ARE A NUMBER OF 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.

- **Arabic Welfare Inc.** Arabic Welfare addresses the needs of individuals and families of diverse Arabic speaking backgrounds that face disadvantage and difficulty when accessing services
Contact: Hoda Nahal goweh@arabicwelfare.org.au +61 3 93809346
- **Victorian Arabic Social Services (VASS)** A state-wide key service provider with specialist expertise and knowledge in working with communities from Arabic-speaking backgrounds and advocating on their behalf
Contact: Issam Alameh issam.alameh@vass.org.au +61 3 93592861
- **EACH Social and Community Health (EACH)** EACH provides Counselling in Mandarin and Cantonese for individuals, couples and families experiencing gambling-related difficulties including financial difficulties and relationships, legal and emotional problems.
Contact: rcsintake@each.com.au, 1300 131 973
- **Chinese Gambling Concern Incorporated (CGCI)** CGCI provides community education on and raising the awareness of the ethnic Chinese staying in Victoria about the social and financial problems caused by or connected with harmful gambling.
Contact: Victoria queenie.l.cgci@gmail.com +61 3 9275 6988
- **Australian Vietnamese Women's Association (AVWA)** AVWA provides a framework for mainly Vietnamese women to assist the settlement and harmonious integration of refugees and migrants of Vietnamese and other backgrounds in Victoria
Contact: Kim Vu kim.vu@avwa.org.au +61 3 9428 9078
- **Springvale Indo-Chinese Mutual Assistance Association Incorporated (SICMAA)** SICMAA provides free-of-charge, direct practical assistance and counselling services to the disadvantaged Indo-Chinese people in Australia.
Contact: Bic Gresty bgresty@sicmaa.org.au +61 3 9547 6161