

Understanding how to Recognise and Address Problem Gambling with your Patients - Central Coast

Office of Responsible Gambling

GAMBLEAWARE
gambleaware.nsw.gov.au
1800 858 858



Overview of workshop

GambleAware Northern Sydney & Central Coast

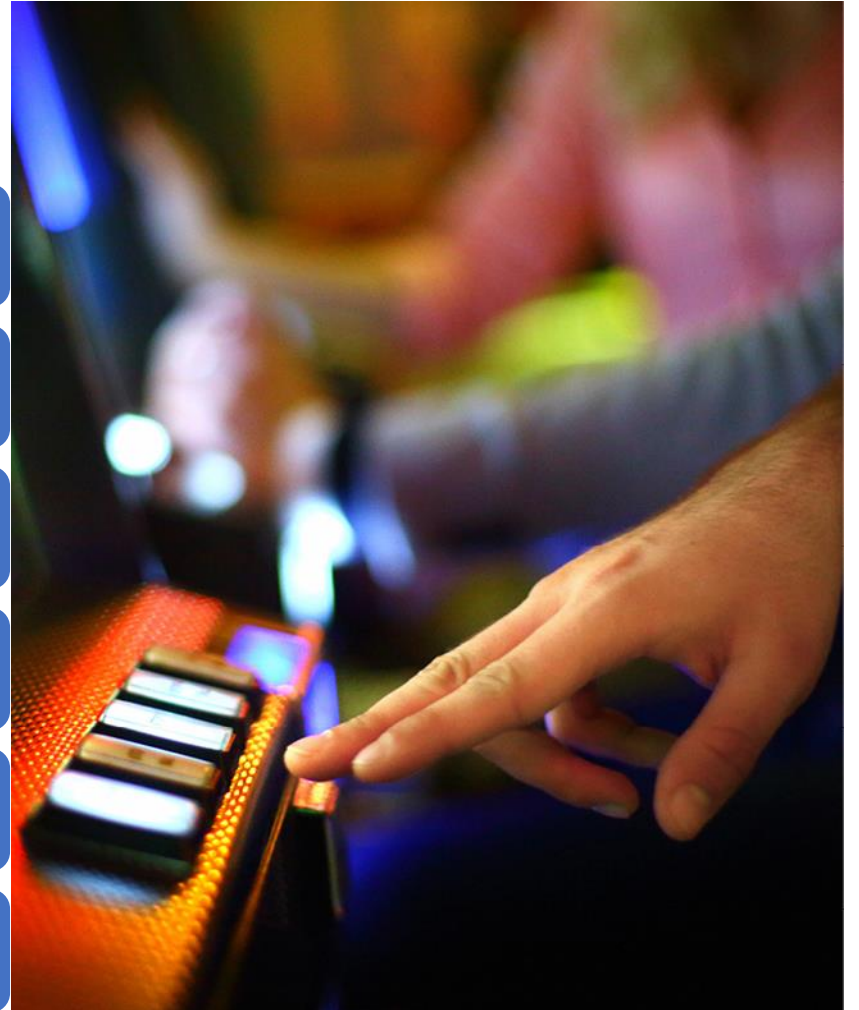
Types and most common forms of gambling

Outline problem gambling

Warning signs and screening

Appropriate supports

Referral pathways and services provided



The Office of Responsible Gambling

A broad approach to addressing gambling harm, underpinned by a prevention continuum:

- **Prevention** Non-problem gamblers
- **Early intervention** At risk gamblers
- **Help Seeking** Problem gamblers

A harm minimisation framework and recognises that gambling is a lawful activity which is enjoyed in the community without harm been experienced.



Gambling Help Line

1800 858 858

- Free 24/7 phone counselling and support services
- Professional counsellors with expertise in problem gambling
- Links to gambling services across NSW



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Northern Sydney – Central Coast

1300 827 638

- Face-to-face, online, phone counselling, support and education services
- Professional counsellors with expertise in problem gambling

Gambling and therapeutic counselling

Financial counselling



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1300 827 638

- Tuggerah
- Wyoming
- Out reach at San Remo & Wyong
- Manly
- Narrabeen
- Ryde



Snapshot of gambling in Australia

In 2019, Australian expenditure on gambling was

\$225 billion



This is a small increase of 0.5% on the 2018 figures.

In NSW, the average spend per person was higher than the national average.

National
\$1,277

NSW
\$1,590



NSW recorded a **1.3%** increase in expenditure across all forms of gambling.



Gaming machines have the most expenditure with **\$12.7 billion** in Australia



13% of all funds were spent on race betting



Only **6%** of all funds were spent on sports betting.

Figures taken from Australian Gambling Statistics Dec 2019



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World Ranking

1	Australia	\$1,277.00
2	Singapore	\$1,174.00
3	Ireland	\$588.00
4	Canada	\$568.00
5	Finland	\$553.00
6	Italy	\$517.00
7	Hong Kong	\$503.00
8	Norway	\$448.00
9	Greece	\$420.00
10	Spain	\$418.00



Poker machines

Pokies account for:

16% of all gambling activity

37% of all money lost

70%-80% of all gambling addiction

Figures taken from Australian Gambling Statistics Dec 2019



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Poker machines

NSW

Net Losses 2022

\$2,177,949,137

Daily Losses

\$596,698,392

Central Coast – ranked 6th highest in the state

Net Losses 2022

\$85,887,361

Daily Losses

\$235,307

Business Intelligence Unit of Liquor and Gaming NSW 2022.



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Online gambling

The fastest growing form of gambling

Percentage of the market:

2019 – 6%

2020 – 8%

2022 – 11%

Australian Communications and Media Authority 2022.



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Online gambling

The fastest growing form of gambling

24/7 access

Casino games

Lotteries

Racing

Sports

Crypto currencies

Gaming Loot Boxes

Business Intelligence Unit of Liquor and Gaming NSW 2022.



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Online gambling

Advertising:

\$287.2 million 2021

\$89.7 million in 2011.

excludes in-stadium advertising or sponsorships.

2021 – 948 ads a day

2016 – 374 ads a day

'An eight-year-old watching AFL footy today will have never seen a game without gambling ads.'

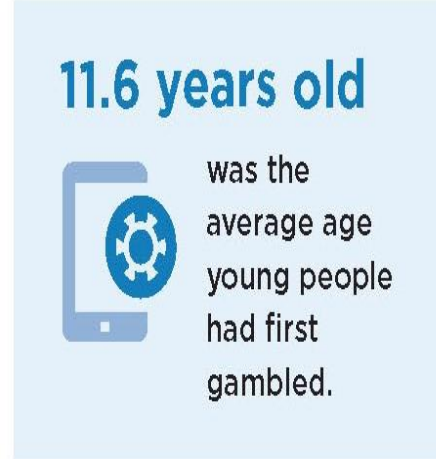
Lead researcher, Samantha Thomas

responsiblegambling.vic.gov.au/resources/gambling-victoria/gambling-advertising



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Youth and Gambling



Around 40% of all problem gamblers in NSW are under 25

Source: 2020 NSW Youth Gambling Study 2020. Sydney: NSW Responsible Gambling Fund



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The Gaming to Gambling Crossover

Loot boxes

Skins gambling

Casinos in video games

Pokies in games



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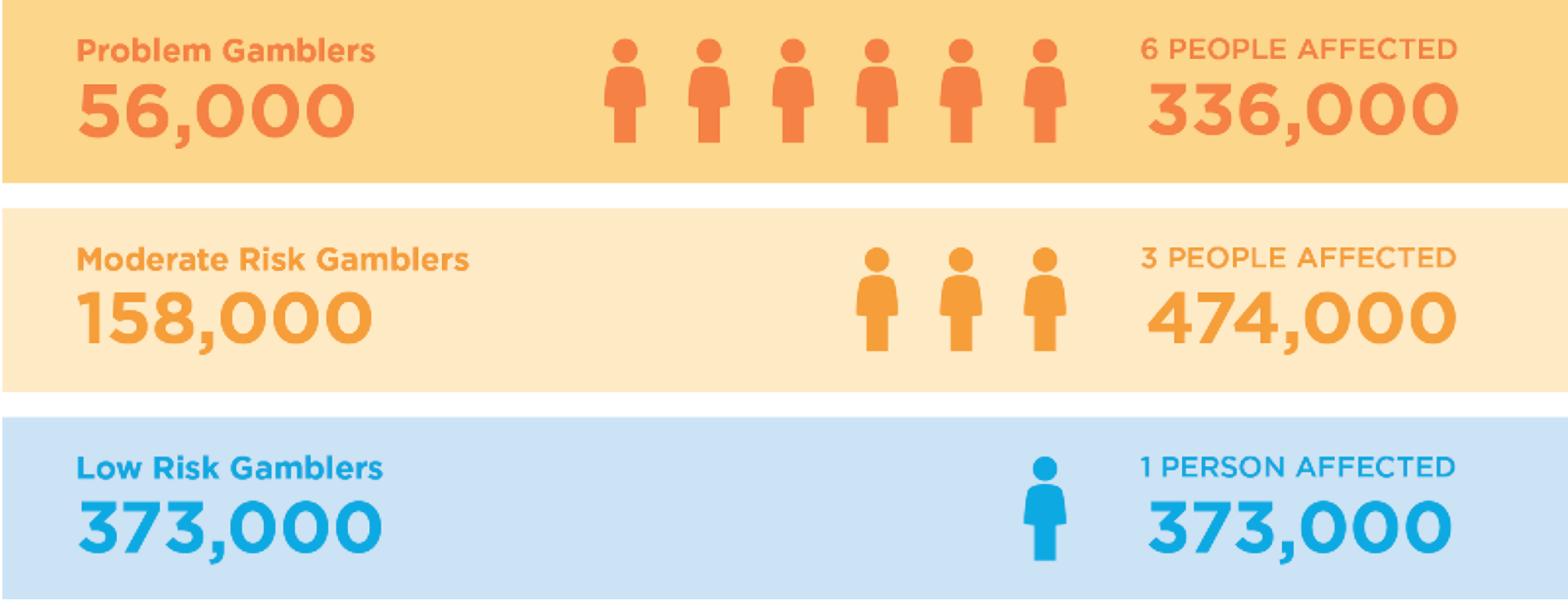
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Concerns with Simulated Gambling

- Higher odds of winning than actual gambling
- Can deceive people into thinking they have skill
- Encourages people to try real gambling
- No age restrictions
- Easily accessible
- Leads to real life gambling
- Compulsive gaming leads compulsive gambling



Gambling harm



Source: Office of Responsible Gambling: NSW Gambling Survey 2019 and Goodwin et al 2017

Potential signs of gambling harm

The things you are
more likely to notice
before gambling



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Recognising gambling harms

Only around 15% disclose their problem gambling behaviour



Source: [Assessing gambling-related harm in Victoria](#) (Browne et al., 2016)



Co-occurring issues

- 75% present have some form of mental health or drug and alcohol condition
- Increased risk of suicidal thoughts and behaviour
- Impact on mental health of family members

Source: learn.problemgambling.ca

Adapted from: *Treating Concurrent Disorders:
A Guide for Counsellors.*

Edited by Wayne Skinner. (2005)



Key signs to look out for

- Feeling stressed, anxious or agitated while continuing to gamble
- Trying to win back loses
- Only stopping when all money is lost
- Only stopping when the venue closes
- Returning to the ATM more times than intended, (or remembered)
- Spending household money – rent, groceries, bills
- Hocking goods, borrowing or stealing money
- Lying to friends and family



Barriers in asking for help

“It is common for people who are in trouble to hold thoughts about making a change AND at the same time continue to do what they are doing.”

Office of Responsible Gambling: Gambling Harm Minimisation Training 2020



Barriers in asking for help

Barriers	Motivators
Embarrassment/ stigma/shame/pride	Impact of gambling on finances
	Impact of gambling on mental health
Did not want to admit to problem	Impact of gambling on family/relationships
	Recognition of gambling problem
Peer or family pressure to continue gambling	Miscellaneous responses: Legal, relationship and housing issues



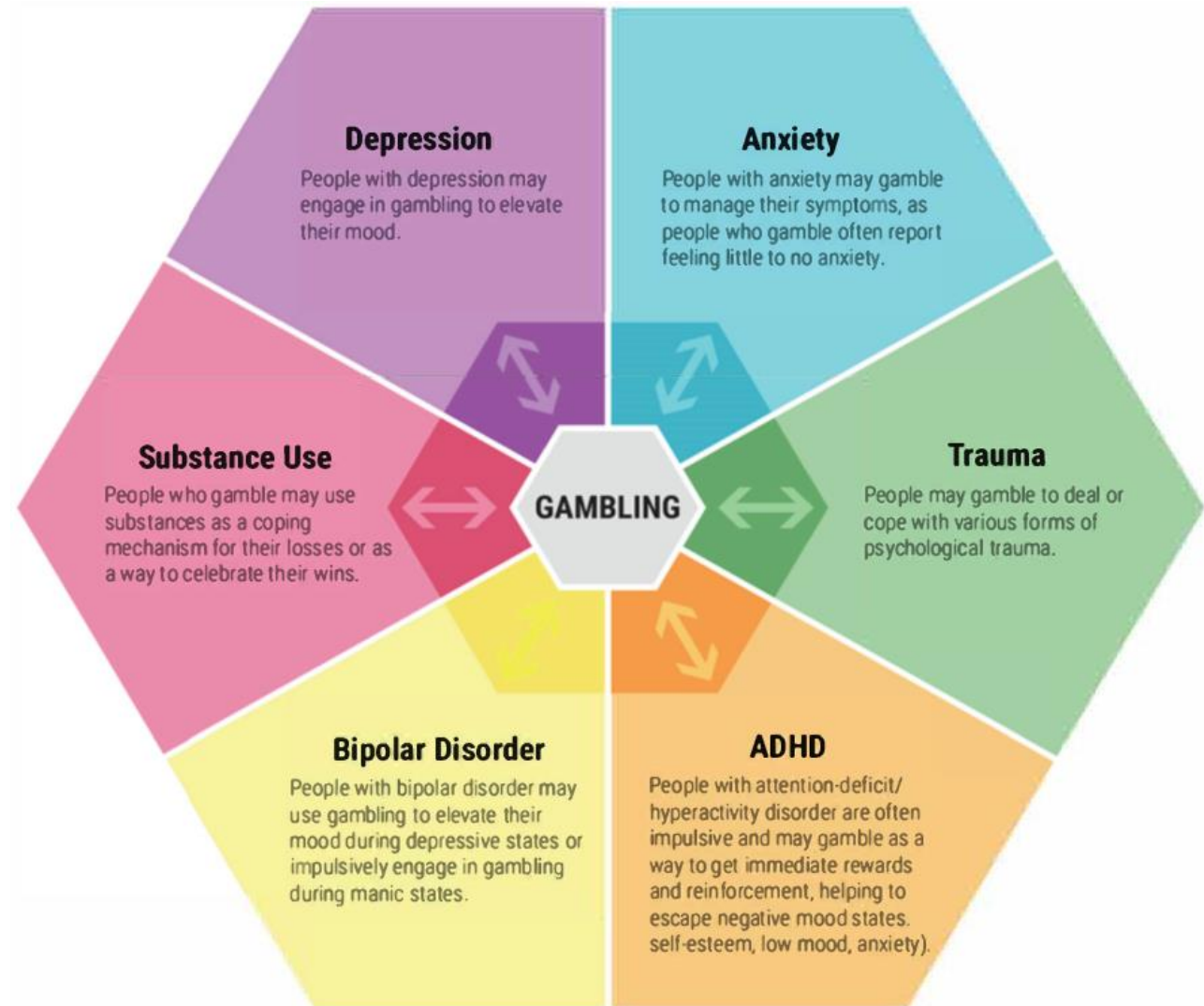
Co-morbid Mental Health

The need for an integrated, holistic approach.

Source: learn.problemgambling.ca

Adapted from: *Treating Concurrent Disorders: A Guide for Counsellors.*

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Pathways Model

Blaszczynski, Nower 2002

1. Behaviourally conditioned

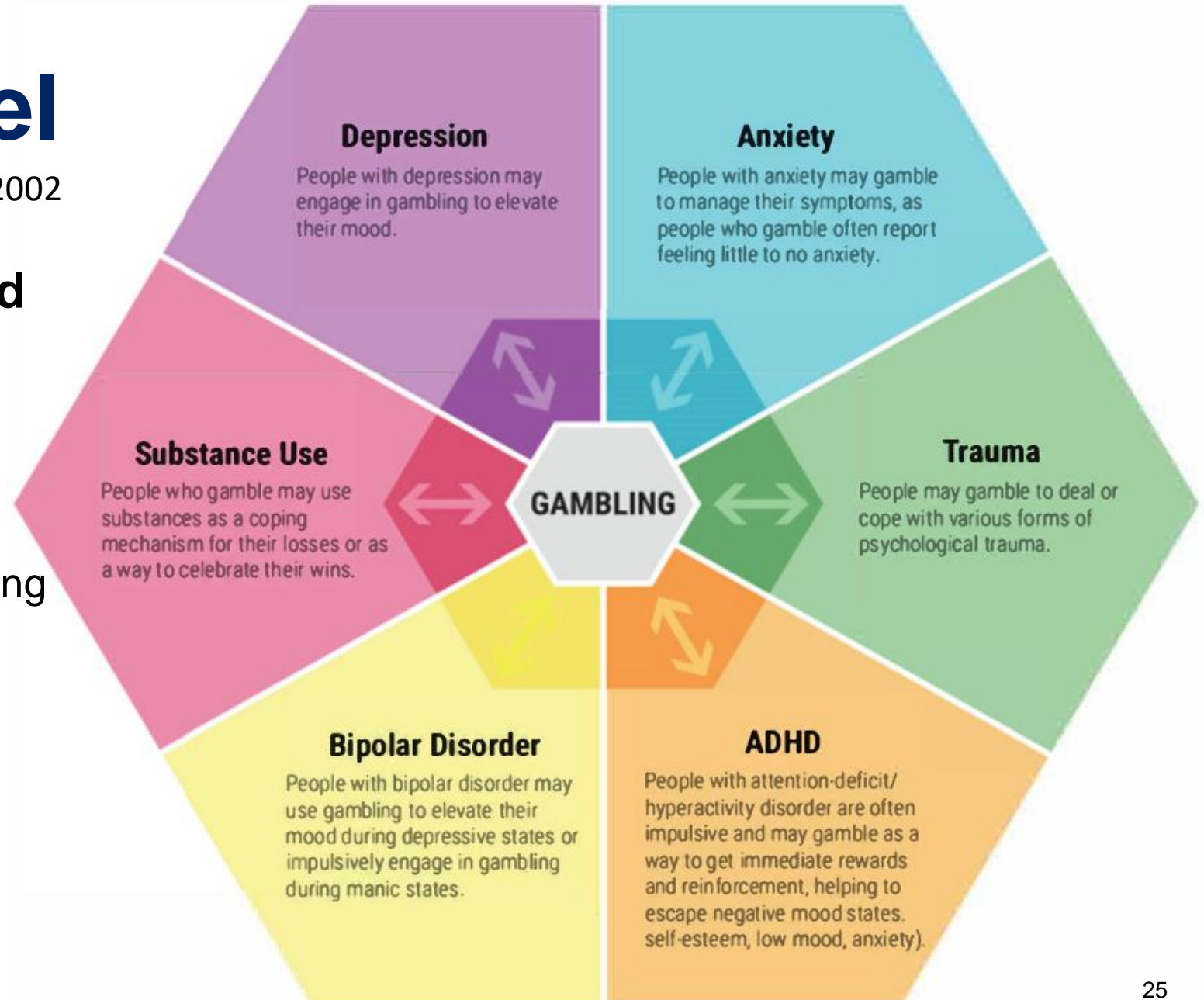
no prior mental health condition
- problem gambling as a cause of mental ill-health

2. Emotionally vulnerable

mental health issues prior to gambling
- escapism from mental ill-health symptoms

3. Antisocial / impulsivist

exhibit characteristics of antisocial personality

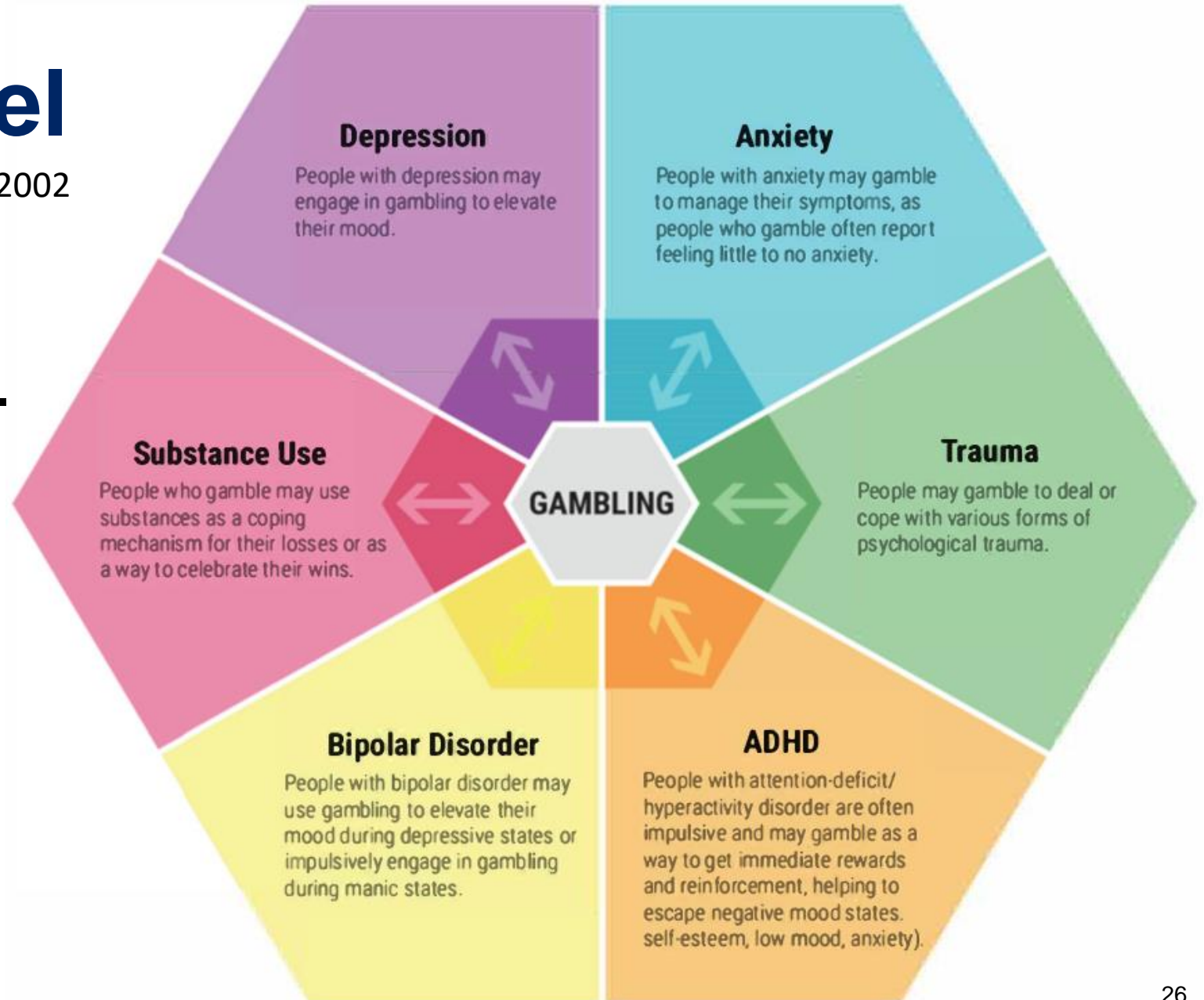


Pathways Model

Blaszczynski, Nower 2002

Majority fall into Pathway 1.
problem gambling causing
mental ill-health.

**Recommended to focus on
gambling first.**



Screening tools

- Brief Bio-Social Gambling Screen (BBGS)
- PGSI
- Online self-assessment
www.gamblinghelponline.org.au



BBGS

During the past 12 months;

- have you become **restless irritable or anxious when trying to stop/cut down** on gambling?
- have you tried to **keep your family or friends from knowing** how much you gambled?
- did you have such **financial trouble as a result of your gambling** that you had to get help with living expenses from family, friends or welfare?



Offering change options

Provide the person with resources

- that provide accurate information and encourage reflection.

<https://www.gambleaware.gov.au/>

Provide links to online chat or forums

- <https://www.gamblinghelponline.org.au/>

Financial counsellors

- can be a great source for supporting choices in relation to finances



gambleaware.nsw.gov.au

- New digital platform and website coming online
- Refer directly online
- People will also be able to refer themselves, and book appointments
- Immediate access to all the resources and information about gambling that you need



Thank you!

Interested to know more? On demand webinars:

[RACGP - Gambling harm: comorbidities, treatment and referral](#)

[RACGP - Opening the door: How the GP can facilitate conversations with patients facing gambling harm](#)



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