

## Relationships Australia (SA)

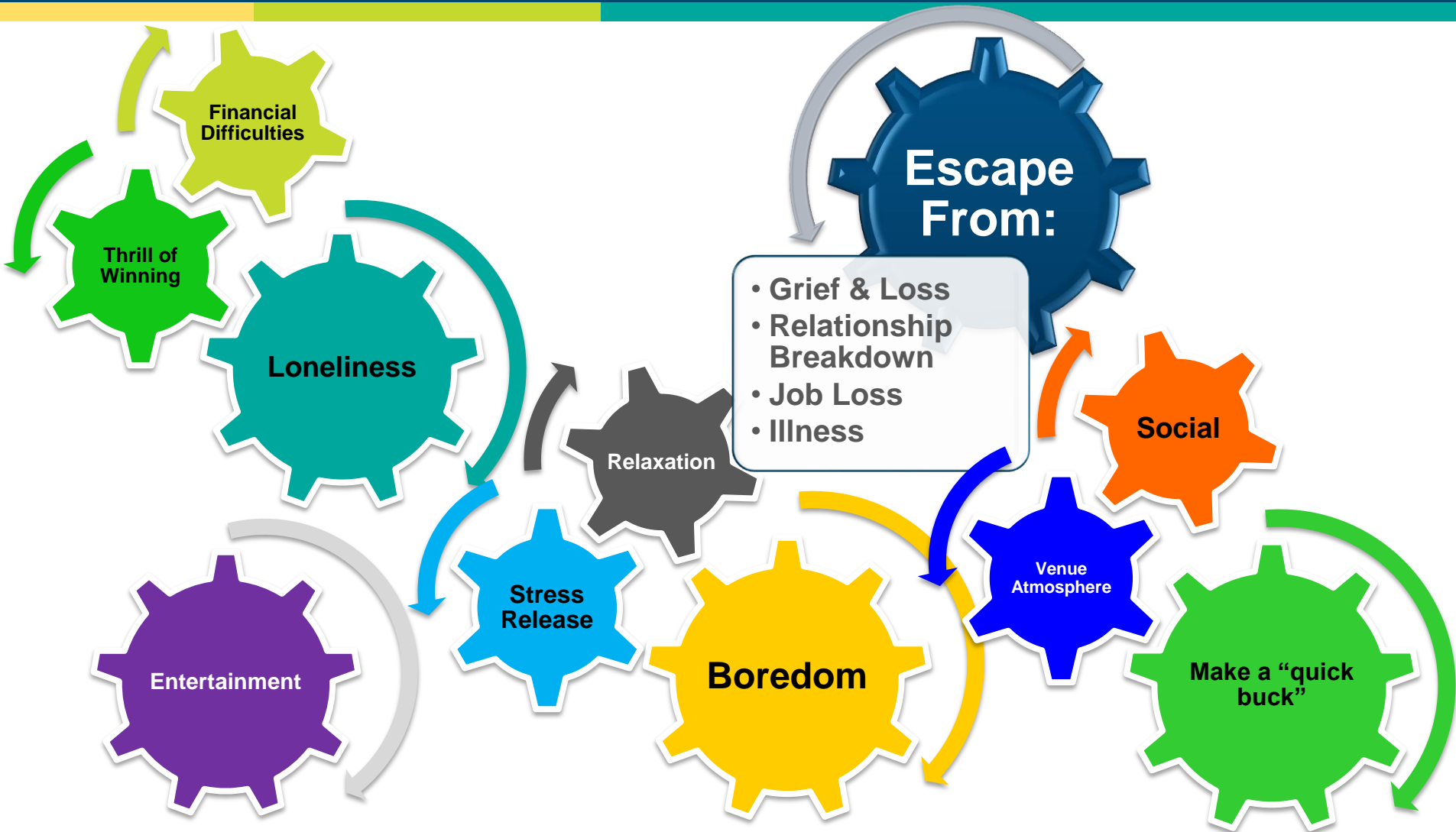
Relationships Australia (SA) is a not-for-profit, secular, charitable organisation, which has over 60 years of experience in providing quality services that are responsive to the needs of the groups we serve. We employ over 300 staff and provide services from 9 locations and numerous community outreach locations

- We provide **FREE & CONFIDENTIAL** support to **ANYONE** adversely affected by gambling through:
- **Counselling**
- **Financial Counselling**
- **Community Education and Development**
- **Consumer Voice Training**
- **Peer Support Program**
- **Referral**

# Forms of Gambling



# Why Do People Gamble?



# What Is Problem Gambling?

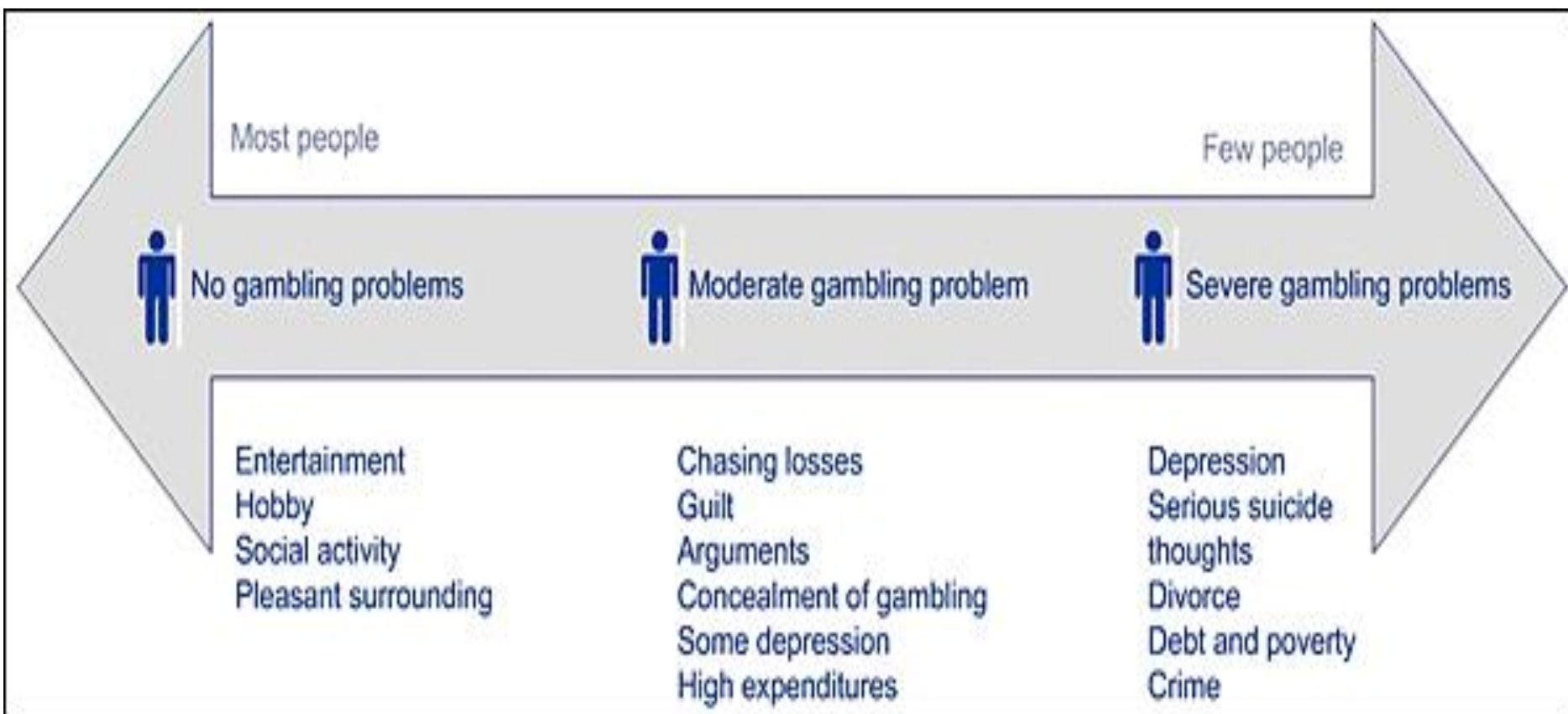
- 'Problem gambling' is characterised by difficulties in limiting money and/or time spent on gambling which leads to adverse consequences for the gambler, others or for the community.

National definition endorsed by all Australian States and Territories  
(Neal, Delfabbro, & O'Neil, 2005)

- Evidence shows that gambling produces dissociation
  - due to the “trance-like” state (often described by gamblers as ‘the zone’ ) that is induced when playing poker machines
  - effective means of avoiding (and coping with) negative emotions created by past and present painful life events and problems

Rickwood, D., Blaszczynski, A., Delfabbro, P., Dowling, N., & Heading, K. (2010). *The Psychology of Gambling*. APS Review Paper FINAL- Prepared by the APS Gambling Working Group

# Problem Gambling Continuum



**Any one who is gambling can develop a problem, there is no Stereotype**

❖ Approximately 70% of all Australians participate in some form of gambling

However, some groups of people are more at risk than others:

- Men comprise 50-75% of problem gamblers
- 5% of Australian youth (12-24 years old) are problem gamblers, with a further 16% at high risk for becoming so (Purdie et al., 2011)
- Estimated national prevalence of problem gambling among Aboriginal people is 13.5% or 6 times higher than the non-Aboriginal population (Stevens & Young, 2009)
- Some CALD populations
- People with existing health / mental health conditions
- People with AOD addictions
- Homeless
- People working in gambling venues

**Additionally, 5-10 partners, children, other family members, friends, employers etc. are affected by each person's problem gambling.**



- Historically a male dominated activity
- Pokies changed this – more women now gamble
- Most are introduced to gambling by their families
- Youth who gamble regularly are more likely to develop gambling problems than adults who gamble regularly

- More seniors are gambling than ever before.
- Gambling is often motivated by loss of a life partner or other loved ones, health problems, retirement, lack of alternative leisure activities, and lack of a social support network
- Increased risk of suicide

Migrants are at increased risk because of:

- the stress of immigration
- financial difficulties
- loneliness and isolation
- employment challenges
- weakened social and familial relations
- language and cultural barriers
- a desire to achieve rapid financial success

## Barriers to Help Seeking

- Shame, embarrassment (for self and family) -not wanting to tell other people
- Preference for informal assistance
- Not recognising the problem
- Concerns about being judged and treated like an “addict” or “mentally ill”
- Concerns over confidentiality
- Poor awareness and understanding of services
- Accessibility of services and hours of operation
- Culture and/or gender factors
- Stigma

- Gambling is a popular, socially accepted and normalised activity. However, ‘problem gambling’ is characterised by impaired control, harmful consequences, and is **highly stigmatised**
- The general public tends to view excessive gambling as an **addiction (56%)**, or as a **disease/illness (38%)** (Cunningham, Cordingley, Hodgins, & Toneatto, 2011)
- Some individuals may **internalise stigmatising attitudes/attributes** as self-stigma (Corrigan, 2004; Corrigan, Watson, & Barr, 2006; Watson et al., 2007)
- ‘Gamble Responsibly’ message **contributes to stigma** by placing the onus on individuals to control their gambling, despite the inherent risks of using gambling products (Carroll et al., 2013)

- between 8 – 17% of people experiencing gambling related problems seek professional help
- When they do it is often at crisis point when problems have become severe and their circumstances are no longer manageable

(Productivity Commission 2010, Gambling, Report no 50, Canberra; p7.3)

- **Helping Someone With Gambling Problems**
  - <https://mhfa.com.au/resources/mental-health-first-aid-guidelines>
- **Problem Gambling – A Guide For Helping Professionals**
  - <http://www.gamblinghelp.nsw.gov.au/HelpForProfessional/DownloadResources.aspx>
- **Problem Gambling - A Self Help Guide For Families**
  - <http://www.gamblinghelp.nsw.gov.au/wp-content/uploads/A-Self-Help-Guide-for-Families-Booklet.pdf>
- **Money Smart Website – Australian Securities and Investment Commission (ASIC)**
  - [www.moneySMART.gov.au](http://www.moneySMART.gov.au)
- **Gambling Helpline 24/7 Counselling Info. & Support**
  - 1800 858 858
- **You Are Not Alone**
  - <http://youarenotalone.org.au/>

## **Western Gambling Service**

**Phone:** (08) 8340 2022

**Address:** 8 Butler Street, Port Adelaide

## **Central Gambling Service**

**Phone:** (08) 8223 4566

**Address:** 161 Frome Street, Adelaide

**RASA website:** [www.rasa.org.au](http://www.rasa.org.au)

At each of our metropolitan offices we provide after hours services till 9.00pm at least one evening per week.