

Looking out for yourself and others



Studies show that gaming venue staff are almost six times more likely to experience problem gambling than the general population¹.

They're also more likely to be affected by the gambling harm experienced by customers or colleagues. That's why it's important to look out for the signs of gambling harm in yourself and your colleagues. Talking about it and getting support early is the best way to take back control and prevent further harm.

Signs you might be struggling with gambling include:



having less money or borrowing money



feeling anxious or stressed about your gambling



isolating from friends and family or relationship problems



reduced performance at work or study



feelings of regret or shame about your gambling



thinking about gambling all the time.

Have I got a gambling problem?

TAKE THE TEST



Get support

Worried about your own or someone else's gambling? Free, confidential, 24/7 support is available. Call **1800 858 858** or visit **gamblershelp.com.au**

Or contact your Employee Assistance Program (EAP).



¹ Problem gambling' as measured by the Problem Gambling Severity Index in Hing, N. (2009). Examining gambling by staff from Victorian gaming venues: a comparison with the general Victorian population. Gambling Research, 21(2), 35–52.