

# EVERYBODY GAMBLES RIGHT?

**LOTS OF GUYS IN GEELONG GAMBLE, BUT GAMBLING CAN GO BAD.**

## ASK:

### WHY DO I HAVE TO ASK ABOUT GAMBLING?

Gambling can be behind lots of issues young men bring to you. Depression, anxiety, drugs and alcohol use, social and financial problems can all stem from a gambling problem. Guys with these issues are also more vulnerable to problem gambling.

- What do you do for fun in your spare time?
- Gambling is popular among young guys in geelong.
- Have you ever had an issue with your gambling?
  - Does it interest you?

If yes / don't know

## EXPLORE:

It's easy to talk about gambling. If unsure, use these prompts to explore the issue together.

- Is gambling getting in the way of
  - PAYING BILLS
  - DOING THINGS YOU WOULD USUALLY ENJOY
  - SPENDING TIME WITH FRIENDS
  - RELATIONSHIPS WITH LOVED ONES
  - ABILITY TO WORK/STUDY
  - FEELING IN CONTROL

### WHAT DO I LOOK OUT FOR?

- ASKING FOR MATERIAL AID FOR FOOD/RENT/BILLS
- LOOKING GENERALLY UNWELL
- COMPLAINING ABOUT FEELING STRESSED, ANXIOUS AND TIRED
- CONSTANTLY SHORT ON CASH AND WON'T SAY WHY
- FIGHTING WITH THOSE THEY CARE ABOUT
- DISPLAYING MOOD SWINGS, ANGER, FRUSTRATION, AGITATION OR DEPRESSION
- SKIPPING WORK OR STUDY
- SPENDING A LOT OF TIME ALONE
- INCREASED DRINKING OR DRUG TAKING

### WHAT MIGHT PROBLEM GAMBLING LOOK LIKE?

- SPENDING MORE TIME GAMBLING THAN WITH FRIENDS
- BETTING BIGGER TO KEEP UP WITH MATES
- THINKING ABOUT GAMBLING EVERY DAY
- GAMBLING TO WIN MONEY, NOT FOR FUN
- CHASING LOSSES
- LYING TO OTHERS ABOUT THEIR GAMBLING
- BORROWING MONEY TO GAMBLE FROM MATES
- BIGGER BETS TO GET MORE EXCITEMENT
- RESTLESS AND IRRITABLE IF UNABLE TO GAMBLE

**MAKE IT EASY FOR YOUNG MEN TO TALK TO YOU ABOUT GAMBLING.**

## REFER:

### DIRECT REFERRAL:

**To Gamblers Help  
At Bethany**  
(see website for referral form)



03 5278 8122



03 5278 6382

[www.bethany.org.au](http://www.bethany.org.au)

### SHARED CARE:

Continue caring for the client, while referring them for specialised treatment for their gambling

### INFORMATION:

Secondary consults with us are a great way of empowering you to continue working with the client.