

A person with long hair, wearing a dark jacket and dark pants, is standing on the edge of a weathered stone pillar or cliff. They are looking out over a vast, hazy landscape that includes a body of water and distant mountains under a blue sky. The person's hair is blowing in the wind.

TAKING CONTROL:

OVERCOMING PROBLEM GAMBLING

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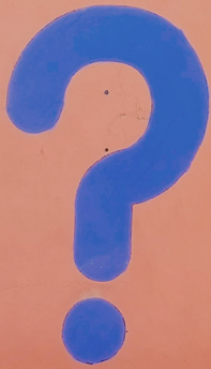
MARCH IS PROBLEM GAMBLING AWARENESS MONTH

March is recognised as Problem Gambling Awareness Month (PGAM) in Australia and in several other countries. It's an annual observance aimed at increasing public awareness of problem gambling and promoting resources for prevention and treatment.

Problem gambling is a behavioral addiction that can lead to negative consequences such as financial problems, strained relationships, and mental health issues. It affects not only the person with the addiction but also their family and friends.

During PGAM, various organisations and individuals work together to raise awareness about problem gambling and the resources available for those who need help. This includes educational events, community outreach, and media campaigns to encourage people to seek treatment and support.

If you or someone you know is struggling with problem gambling, there are resources available to help. Gambling Help On line offers a confidential helpline, online chat, and other resources for people seeking help and support.



What is gambling addiction and problem gambling?

Gambling addiction, also known as compulsive gambling or gambling disorder, is a type of behavioral addiction characterized by an uncontrollable urge to gamble despite the negative consequences that it may cause. People with gambling addiction may experience a range of symptoms, including preoccupation with gambling, lying about gambling habits, chasing losses, and risking more money than they can afford.

Problem gambling refers to a less severe form of gambling addiction that can still have negative consequences. People with problem gambling may not meet all the diagnostic criteria for gambling addiction, but they may still experience negative consequences, such as financial problems, relationship difficulties, and emotional distress.

Gambling addiction and problem gambling can affect people of any age, gender, or socioeconomic background. It is often associated with other mental health conditions such as depression, anxiety, and substance abuse.

It's important to note that gambling itself is not necessarily harmful. For many people, gambling is a fun and harmless recreational activity. However, for people with gambling addiction or problem gambling, it can have serious negative consequences. If you or someone you know is struggling with gambling addiction or problem gambling, it's important to seek help and support from a mental health professional or a problem gambling helpline.

Gambling addiction signs and symptoms

Problem gambling is a condition in which a person struggles with gambling behavior that causes personal and social problems. This disorder can be characterized by difficulties in limiting money and/or time spent on gambling, which leads to adverse consequences for the gambler, others, or for the community.

Problem gamblers may experience a need to be secretive about their gambling, difficulty controlling their gambling, and an urge to gamble even when they don't have the money to do so. This problem can have serious financial, personal, and family-breaking consequences.

Signs and symptoms of compulsive gambling include being preoccupied with gambling, needing to gamble with increasing amounts of money, trying to control, cut back or stop gambling without success, and feeling restless or irritable when trying to cut down on their gambling behavior.





Self-help for gambling problems

Self-help is available for those struggling with gambling problems, including step- based programs, Cognitive Behavioral Therapy (CBT), peer-support, and Gamblers Anonymous (GA).

Cognitive Behavioral Therapy (CBT) has been found to reduce symptoms and gambling-related urges. It involves acknowledging gambling as a problem and developing a plan to address it. It also focuses on behavior modification and problem solving, which can help individuals manage their gambling habits.

Another form of self-help is Gamblers Anonymous (GA), which can help individuals recover from problem gambling. These therapies are effective and can help individuals overcome gambling issues. It's important for those with gambling issues to seek help and not to feel ashamed or embarrassed.



How to stop gambling for good

The first step in overcoming problem gambling is to take control of your finances and seek help from experienced counselors. Surround yourself with people who can support you through this difficult process. These people should be trustworthy and committed to staying away from gambling activities. It is also essential to avoid tempting environments and websites. Finally, make a permanent commitment to stay away from gambling activities. Understanding the destructive patterns of problem gambling can help you break the cycle and reach long-term recovery.



Gambling addiction treatment

There are various treatment options for gambling addiction, such as inpatient or residential treatment and rehab programs. While these treatments can be effective in helping individuals recover from their problem with gambling, they do not work for everyone.

Cognitive Behavioral Therapy (CBT) is a type of therapy that has been found to be effective in reducing gambling-related symptoms and urges. This form of therapy helps individuals identify the negative thought patterns that lead to problem gambling and replace them with positive ones. It also helps individuals develop healthy gambling habits by teaching them how to manage their finances and make smart gambling decisions.

You can beat your gambling problem. We can help.

Problem gambling can be a serious problem but not an impossible one to overcome. There are a number of treatment options that can help those with gambling addiction. Treatment may include inpatient or residential treatment, therapy, medication, and lifestyle changes, which are particularly necessary. Commonly used treatments for gambling problems include counseling, step-based programs, self-help, peer- support, and the use of a gambling addiction treatment program. Cognitive Behavioral Therapy (CBT) has been shown to reduce gambling-related urges and improve problem gambling behavior. If you are struggling with gambling problems, seek help from a professional treatment provider as soon as possible.

CONCLUSION

If you find yourself gambling more and more, or gambling longer than you intended to, or if gambling is interfering with your personal life or work, you may be gambling problematically.

If you've decided to cut back on gambling, we encourage you to reach out to HELPSTOP for support.





Help Stop

WITH BETTER CHOICES TOGETHER

ABOUT HELPSTOP

HELPSTOP is one of the few gambling-specific addiction treatment services in Australia.

We offer a variety of treatment methods including individual counseling, group counseling, yoga and meditation, ecotherapy, and more.

If you feel like you've been digging a hole that's getting harder to get out of or if you can't stop chasing the next win to set everything right, contact us.

Call us anytime: 1300 659 602

Or visit our website: www.helpstop.org