

Why do people gamble?

There are four main reasons why people gamble

- 1. For social reasons** - This may be because it's what a group of friends do when they get together, or because it makes a social gathering more enjoyable
- 2. For financial reasons** - to win money, because someone enjoys thinking about what they would do if they won a jackpot, or because winning would change someone's lifestyle
- 3. For entertainment reasons** - because they like the feeling, to get that rush or "high", or because it makes them feel good
- 4. For coping reasons** - for someone to forget their worries, because they feel more self confident, or because it helps when they are feeling nervous or depressed

Gambling harm

Gambling harm is experienced on a spectrum, ranging from minor negative experiences to crises, and is not always proportionate to the amount of gambling participation.

Gambling harm includes financial, relationships, health, emotional, study/work, cultural and criminal.

Why do some people experience harm?

- Have an early big win – leading to a false expectation of future wins
- Feeling bored or lonely
- History of risk taking behaviour
- Hold unrealistic beliefs about the odds of winning
- Easy access to preferred form of gambling
- Recent negative life event (divorce, job loss, death of a loved one)