

Gambling and co-occurring issues



Gambling does not often happen in isolation, usually there are one or more co-occurring issues.

People with gambling problems often experience other problems at the same time referred to as 'co-occurring conditions' such as mental illnesses, substance use disorders or family and relationship issues. These could have been occurring before the gambling began or were as a result of gambling activity.

Gambling and Mental Health

Approximately three-quarters of people seeking treatment for gambling harm also experience a mental illness, most commonly a mood disorder such as depression.

When addressing mental health it is important to ask about gambling behaviour as having case workers screen their clients for gambling can help support and implement strategies to reduce gambling harm as there is a strong correlation between the two.

Gambling and Alcohol and Other Drugs

Up to one in three AOD clients are affected by gambling harm. Research shows a strong link between alcohol and drug use, and problem gambling - AOD use can lead to intensified gambling problems." *(Source: Lives Lived Well 2021)*

Gambling and substances can make someone feel good at first and some people enjoy the feelings of "escape" - but the consequences can be damaging. It is important for you to access support when needed.

Gambling and Family Violence

The relationship between gambling and family violence is an emerging area of concern. Family violence is three times more likely to occur in families in which there is problem gambling than in families in which there are no gambling problems. *(Source: Dowling, N et al. 2016)*

Gambling and Housing

It is well known that there are many factors that can contribute to an individual becoming homeless, many individuals who experience homelessness can present with complex needs.

Gambling harm is ten times more common in the homeless than the general population. Gambling can cause significant financial stress and can be detrimental to a person's health and could lead to issues with housing and put the person at risk of homelessness.