



Gaming and gambling

Gaming and gambling unfortunately go hand in hand; both are designed to keep you playing longer and provide a short-term rush of dopamine which sends a 'feel-good' message to your brain.

Positives of gaming



- Fun and entertaining
- Socialising with friends
- Learning new skills
- Problem solving and teamwork

Negatives of gaming



- Addictive
- Can lead to neglecting other priorities (e.g. schoolwork)
- Often used as an escape from uncomfortable feelings
- Can lead to avoidance of daily hygiene and exercise requirements

Ask yourself these questions



Are you gaming late at night?



Are you finding it hard to get to sleep because your mind is still buzzing from gaming?



Are you unable to get your school work done but still spending lots of time gaming?



Do you get angry or worked up about losing, and sometimes shout or throw things while playing?



Do you get annoyed when anyone interrupts you when you are gaming, or asks you to stop?

Tips to remember

- Set time limits
- Take regular breaks
- Be safe online
- Get permission to purchase anything
- Talk to someone if you are struggling to stop gaming

Gambling harm is any negative consequence experienced by an individual or members of their social network because of participation in gambling. This can be experienced on a spectrum, ranging from minor negative experiences to crises.

[Source: The Victorian Responsible Gambling Foundation 2016]

How to know when gambling has become a problem



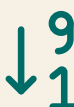
Seeming down, withdrawn or moody



Absent from school or work



Spending less time with friends and family



Obsessing about betting and the odds of sports



No longer doing things they usually enjoy

Support available

Meli is the local Gambler's Help support agency in the Barwon region. We provide free and confidential therapeutic and financial counselling to anyone impacted by gambling – you don't need to be the gambler to reach out for support. Call **5278 8122** or email intake@meli.org.au.

Gambler's Help Youthline provides gambling support and advice for under 25's. It's for anyone concerned about their own or someone else's gambling. It's free, confidential and available 24/7. Online via text, chat or email or over the phone **1800 262 376**.

