Gambling in one page

What it is

What is gambling disorder?

Gambling disorder is when you keep gambling despite the harm it causes and find it hard to cut back or stop. It is diagnosed when at least 4 of 9 set signs show up within 12 months. You can get help without a diagnosis.

- Gambling disorder means you cannot stop despite harm
- Gambling disorder is classed as an addictive disorder
- Young men are most at risk of problem gambling

The signs

What are the signs of gambling disorder?

Signs of gambling disorder include spending more time or money than you meant to, chasing losses, lying about gambling, restlessness when you try to stop, and needing others to cover losses. A diagnosis needs 4 of 9 signs within 12 months.

- Chasing losses is a common sign of gambling disorder
- Hiding how much you gamble is a warning sign
- Feeling restless when you cut back is a sign

Treatment

What kind of counselling is used for gambling, such as CBT and group programs?

The main counselling for gambling harm is cognitive behavioural therapy (CBT) and motivational interviewing, one to one or in a group. Your goal can be to stop gambling or to gamble less. Gambling Help Online answers on 1800 858 858 at any time. No free state service page we read asks for a referral or a diagnosis.

- CBT and motivational interviewing are the main types
- One to one or in a group
- Stopping or cutting down are both goals

Some of this differs by state and territory. See the pages on your state at haihealth.au/blog/gambling.

Read next

- How do I get help for gambling? →
- Who treats a gambling problem? →
- What happens when I call the gambling helpline? →
- Is there free gambling counselling? →
- How do I sign up for BetStop? →
- How do I ban myself from pubs, clubs and casinos? →
- What does a free financial counsellor do? →
- Someone I love gambles. What can I do? →
- The gambling quiz →

Find these at haihealth.au/blog/gambling

In danger? Call 000. Lifeline 13 11 14, text 0477 13 11 14, or chat online.

Suicide Call Back Service 1300 659 467. Free counselling by phone or video, any hour.

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