



Concerned about your gambling?

Take the **quiz** to find out if gambling is becoming a problem for you



Gambler's Help

1800 858 858
gamblershelp.com.au

Many ways to get support

Confidential. Understanding. Supportive.

Free information, advice & counselling 24/7

Deaf, hearing or speech impaired call TTY **1800 777 706**

Is gambling becoming a problem for you?

If you are worried about your gambling you can use this quiz to find out if it is becoming a problem.

Scoring

For each question there are four possible responses:

Never (score 0)

Sometimes (score 1)

Most of the time (score 2)

Almost always (score 3)

Circle the most appropriate to you.

Think about the last 12 months

- 1 Have you bet more than you could really afford to lose? 0 1 2 3
- 2 Have you needed to gamble with larger amounts of money to get the same feeling of excitement? 0 1 2 3
- 3 Have you gone back on another day to try to win back money you have lost? 0 1 2 3
- 4 Have you borrowed money or sold anything to gamble? 0 1 2 3
- 5 Have you felt you might have a problem with gambling? 0 1 2 3
- 6 Have people criticised your betting or told you that you had a gambling problem, whether or not you thought it was true? 0 1 2 3
- 7 Have you felt guilty about the way you gamble or what happens when you gamble? 0 1 2 3
- 8 Has your gambling caused you any health problems, including stress or anxiety? 0 1 2 3
- 9 Has your gambling caused any financial problems for you or your household? 0 1 2 3

TOTAL

What does your score mean?

- 0 You experience no issues with gambling. However, keep an eye on your gambling so it does not become a problem in the future.
- 1-2 **A low-risk gambler** - you experience few, if any issues with gambling. However, keep an eye on your gambling so it does not become problem in the future.
- 3-7 **A moderate risk gambler** - you experience some issues with gambling. Now is the time to take practical steps to ensure your gambling remains under control. Visit gamblershelp.com.au for more information.
- 8+ **A high-risk gambler** - there are many ways to get help. Find the support that's right for you at gamblershelp.com.au. For immediate help call **1800 858 858** or visit gamblinghelponline.org.au. It's free, confidential and available 24 hours a day, seven days a week.

This quiz is based on the problem Gambling Severity Index, part of the Canadian Problem Gambling Index and is a reliable measure of problem gambling.