

Nexus

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Gambling in Victoria

In 2015-16 the social and economic cost of problem gambling to the community in Victoria was estimated as:

\$7 Billion dollars

Nature of harm from gambling can be broadly grouped to:

What is gambling harm?

GAMBLING HARM CAN TAKE THE FORM OF:



RELATIONSHIP
DIFFICULTIES



HEALTH PROBLEMS



EMOTIONAL OR
PSYCHOLOGICAL DISTRESS



FINANCIAL PROBLEMS



ISSUES WITH WORK
OR STUDY



CULTURAL PROBLEMS



CRIMINAL ACTIVITY

These can range from day-to-day harm, like reduced spending on other recreational activities, to crisis harm, like bankruptcy. For most people harm is low level, but for some it can have a lasting impact.

Pokies in Northern Suburbs

	Darebin	Hume	Whittlesea	Yarra
Losses on EGM's 2018/19	\$81,576,110	\$111,695,894	\$110,856,167	\$30,265,707
Losses per day	\$223,496	\$306,016	\$303,715	\$82,920
Expenditure ranking(out of 70)	12 th	5 th	6 th	29 th
EGM's	744	833	691	308

What are we currently seeing in the community?

- **Betting agencies are adapting their markets with no popular sports**
- Obscure sports
- TV shows
- Politics (ScoMo's tie colour)

- **Horse/Dog/Harness racing continues**

- **A UK survey found that regular gamblers are spending more and betting more often** ¹

- **Shift to online casinos and pokies?**
- Google Trend data= x4 increase in search for the terms "online pokies Australia" and "online poker"
- **Spending on online gambling is 71% higher than normal**

What are we currently seeing with our clients?

Peer Connection clients

- General relief that pokies are shut so temptation has been removed. A small number have moved online (1 or 2 out of 100+ clients)
- Starting to cause stress because thought process has moved to what their actions will be when venues re-open

What are we currently seeing with our clients?

Therapeutic and Financial Counselling clients

- Most clients relieved the decision is taken out of their hands.
- Majority report feeling more at peace than they have in a long time, their EGM urges have subsided as they know they cannot act on them.
- The anxiety and challenge arises from thinking about falling back into bad habits when they can access venues again.
- Have had some clients report having low mood because they cannot go and socialise

What are we currently seeing with our clients?

Therapeutic and Financial Counselling clients

“I found that clients who suffer from severe anxiety and/or depression really struggle with venues being closed and experience heightened anxiety with panic attacks and rumination. Many of these clients can't wait to go back to “normal”. They are looking for a quick relief and either drink more, take drugs, get more frustrated with spouses or suffer from depression and are asking their GP's to increase their medication.”

Gambling Harm

A recognised disorder which involves repeated problematic gambling behaviour that causes significant problems or distress

American Psychiatric Association(2019)

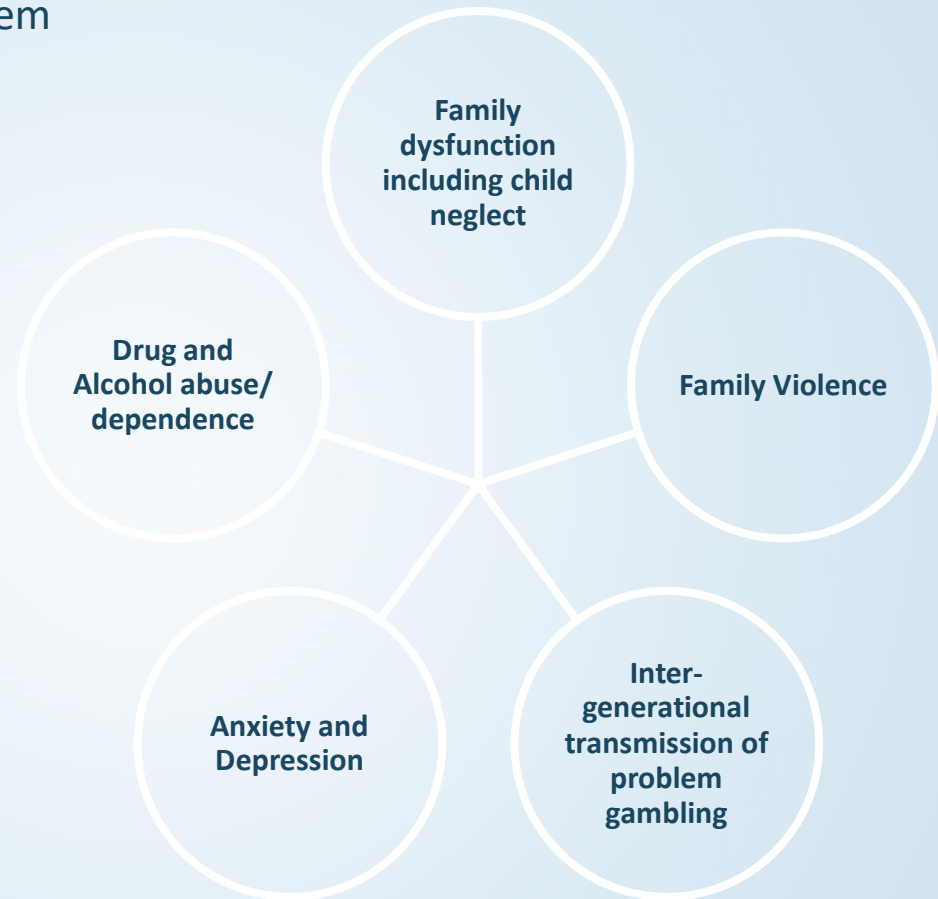
- Population wide 3% experience gambling harm or are at risk
- For each problem gambler 7-10 are affected by the person's gambling
- Minority seek counselling – around 10%
 - Why do so few people seek help?

Why do so few people seek treatment?

- Stigma (Public stigma, perceived stigma)
- Shame
- Gambler's Fallacy

Gambling Harm is a complex issue

Which rarely occurs as an isolated problem



How Gambler's Help can assist with clients

Financial Counselling

- Provide information to help the client make decisions to resolve their financial problems
- Provide information on protecting assets from gambling behaviours
- Help family members (and gamblers themselves) to protect their income from gambling behaviours
- Act as a circuit breaker between creditors and the client (breathing space)

Debts

- Protecting client from harassment
- Reviewing contracts
- Negotiation of payment plans

Money Management

- Access to money to ensure bills and rent are paid

How GH can assist with clients

Therapeutic Counsellors:

- Conduct assessments with goal setting
- Crisis management
- Therapeutic interventions
- One off sessions or longer term
- Assist with joint counselling or provide secondary consultation

Venue Support Workers:

- Work with venue staff to ensure compliance with legislation
- Deliver in venue training to enhance staff's ability to identify and assist people exhibiting signs of harmful gambling
- Training sessions regarding drug-affected patrons and those experiencing mental health issues

How GH can assist with clients

Peer Connection

- Peer support program
- Phone calls by volunteers
- Adjunct to other services or can be used as standalone

Useful Links

Gambler's Help North & North Western: 1300 133 445 www.gamblershelpnnw.org.au

Peer Connection Program: **1300 133 445** www.peerconnection.org.au

Gambler's Helpline: **1800 858 858**

Gambling Help Online: www.gamblinghelponline.org.au

Other GH services:

<http://www.responsiblegambling.vic.gov.au/getting-help/find-a-counsellor>

Information for Healthcare professionals:

<http://www.responsiblegambling.vic.gov.au/for-professionals>

Gambling Information Resource Office:

<http://www.responsiblegambling.vic.gov.au/information-and-resources>

Not a Dollar More Podcast:

<https://notadollarmore.org.au/>