

## Ten warning signs for problem gambling

- 1. You make repeated use of the ATM, cheque cashing facilities, borrowing money*

If you realise you're going off to get more and more money, especially when you didn't plan to spend so much, you might be losing control of your gambling
- 2. You become agitated, aggressive or abusive to others or to the machines*

When your mood changes and you get frustrated; when you start taking your frustration out on others, you might be losing control of your gambling
- 3. Your family or friends are trying to find out if you are in the gambling area on the premises*

When you go missing and others guess you're gambling, the message might be, you are losing control of your gambling
- 4. You spend a lot of time gambling e.g. hours at a stretch, or your playing times are getting longer*

When time loses its meaning and you're caught up in the gambling moment, you might be losing control of your gambling
- 5. You find you are gambling frequently or increasingly often*

When gambling occasions start to increase, maybe without you realising at first, you might be losing control of your gambling
- 6. You are gambling while under the influence of alcohol*

Drinking alcohol can reduce your sense of judgement. If drinking and gambling go together for you, you might be losing control of your gambling
- 7. You realise you are not socialising like you used to; maybe staying behind to gamble when friends leave*

If the gambling is replacing friendships, doing things with other people or simply enjoying others' company, you might be losing control of your gambling
- 8. You find you are leaving your children unattended*

If you are becoming caught up in yourself and your gambling, and you are neglecting your loved ones, you might be losing control of your gambling
- 9. You rush to (or wait for) a machine when it comes free*

If you are becoming obsessed with the opportunity to gamble, you might be losing control of your gambling
- 10. You think you have a 'special' or lucky machine or playing spot*

If you are not thinking logically, or you believe you can control random events (or luck), you might be losing control of your gambling