

FACT SHEET

GAMBLING & MENTAL HEALTH

Problem gambling can coincide with high rates of co-morbidity (the existence of other conditions such as alcohol and drug use and mental health issues, particularly depression) and cross addiction. There is also evidence that people gamble to deal with psychological problems.

The good news is there is help available for those with gambling and mental health issues.

IS YOUR GAMBLING AFFECTING YOUR MENTAL HEALTH?

If your gambling is causing you concern, chances are your mental health is suffering as a result.

People may not see a connection between their gambling and their health concerns however, gambling problems can be associated with a range of mental health problems:

- Depression
- Anxiety
- Other mood disorders
- Heavy alcohol use or drug problems
- Poor physical health (such as headaches and difficulty sleeping)
- Suicidal thoughts

It can be argued that problem gambling may compound existing psychological problems and causes some harm to those most vulnerable and at worst creates psychological problems for those who did not previously have any problem. A 2008 Australian study¹ found:

- Problem gamblers were at risk of depression at a rate of 71.4 per cent
- The rate of 'likely hazardous alcohol use' was 50 per cent
- 35.7 per cent of problem gamblers have a 'severe mental disorder'

Problem gamblers often require treatment for their gambling but also for a range of other problems.

The Gambling Helpline can help you deal with any of your gambling related problems: 24 hours a day, 7 days a week.

1800 858 858

There is a Gambling Help Service in your local area, to help you. However, you can access any Gambling Help Service across the state if you do not wish to seek help in your own area.

Gambling Help Services offer:

- Free, confidential and professional help in a non-judgmental environment
- Counselling and therapy for individuals, couples, family and friends
- Financial counselling to help sort out your financial problems
- Information and support
- Support groups (where available)

GETTING HELP

If you require help or emergency assistance for a mental health issue please call one of the following help lines:

ASSESSMENT AND CRISIS INTERVENTION SERVICE

13 14 65 (24 hours, 7 days)

LIFELINE

131 114 (24 hours, 7 days)
www.lifeline.org.au

CRISIS CARE

131 611 (after hours, local call fee)

BEYONDBLUE INFO LINE

1300 22 4636 (local call fee)
www.beyondblue.org.au



GAMBLINGHELPLINE
1800 858 858
24/7 • FREE • CONFIDENTIAL

¹ Monash University and the University of Melbourne (2008), *Risk and Protective Factors, Depression and Comorbidities in Problem Gambling*, Victoria

GAMBLING HELP SERVICES

Gambling Help Services provide FREE and confidential counselling and assistance

METROPOLITAN SERVICES

Eastern

- Relationships Australia SA Tel: 08 8223 4566 (Adelaide)

Northern

- Relationships Australia SA Tel: 08 8250 6600 (Salisbury, Elizabeth and Ridgehaven)

Southern

- Relationships Australia SA Tel: 08 8377 5400 (Oaklands Park including Noarlunga and Aldinga outreach)

Western

- Relationships Australia SA Tel: 08 8340 2022 (Port Adelaide)

Tel: 08 8245 8100 (Hindmarsh)

COUNTRY SERVICES

Adelaide Hills

- Relationships Australia SA Tel: 08 8223 4566 (Mount Barker outreach)

Barossa

- Relationships Australia SA Tel: 08 8250 6600 (Gawler and Nuriootpa outreach)

Tel: 1800 182 325 (Country Free Call)

Eyre and Western

- UnitingCare Wesley Country SA Tel: 1300 456 946 (Whyalla and Port Lincoln)

Far North

- UnitingCare Wesley Country SA Tel: 1300 456 946 (Port Augusta)

Fleurieu and Kangaroo Island

- Relationships Australia SA Tel: 08 8377 5400 (Victor Harbor and Kingscote outreach)

Tel: 1800 182 325 (Country Free Call)

Limestone Coast

- Lifeline South East (SA) Tel: 08 8723 2299 (Mount Gambier)

Murray Mallee

- Relationships Australia SA Tel: 08 8582 4122 (Berri, including Waikerie, Loxton and Renmark outreach)

Tel: 08 8223 4566 (Murray Bridge outreach)

Tel: 1800 182 325 (Country Free Call)

Yorke and Mid North

- UnitingCare Wesley Country SA Tel: 1300 456 946 (Port Pirie and Kadina)

TARGETED SERVICES

Aboriginal Gambling Help Services

- Flinders University Tel: 08 8182 4911 (North/West Metro)

Tel: 08 8204 6982 (Southern Metro)

- Aboriginal Family Support Services Tel: 08 8641 0907 (Port Augusta)

Tel: 08 8582 3192 (Berri)

Tel: 0418 499 649 (Murray Bridge)

Tel: 08 8683 1909 (Port Lincoln)

- Ceduna Koonibba Aboriginal Health Service Tel: 08 8626 2600 (Ceduna)

Aboriginal Gambling Therapy Service

- Southern Adelaide Local Health Network Tel: 08 8204 6982 (Adelaide)

Cambodian Gambling Help Service

- Relationships Australia SA Tel: 08 8245 8100 (Hindmarsh)

Chinese Gambling Help Service

- Overseas Chinese Association Tel: 08 8445 1677 (Findon)

Vietnamese Gambling Help Service

- Community Access and Services SA Tel: 08 8447 8821 (Athol Park)

Multicultural Gambling Help Service

- Relationships Australia SA Tel: 08 8245 8100 (Hindmarsh)

Criminal Justice Gambling Help Service

- Offenders Aid and Rehabilitation Service Tel: 08 8218 0700 (Adelaide)

Intensive Therapy Gambling Help Service

- SA State Intensive Gambling Help Service Tel: 08 8232 3333 (Metro/Country)

Lived Experience in Gambling Program

- Relationships Australia SA Tel: 08 8245 8100 (Hindmarsh)

Gambling Helpline

- For immediate help 24/7 free and confidential Tel: 1800 858 858

Gambling Help Online

- For 24/7 free online counselling www.gamblinghelponline.org.au

Funded through
the Gamblers
Rehabilitation Fund



Government of South Australia

Department for Communities
and Social Inclusion

