

Social Impacts of Gambling

When we see our mates gamble, it normalises it as a fun and harmless activity to do. It is seen as a part of growing up, something you do when you turn 18, but left unchecked, it can lead to problems.

When we gamble, the more we bet, the more we lose. We can often fall into the trap of trying to win back what we have lost, but this rarely happens.

Gambling without limits leaves us with less money for daily essential needs such as food, clothing, rent and fuel.

When we struggle with gambling we may ask to borrow money from our mates and family to pay the bills. Our mates may avoid us if they feel we hassle them too often.

Shame and guilt can also make us withdraw from our friends and isolate ourselves from social events.

This can affect our connection to culture. It creates distance between us and our loved ones.

When we feel alone and disconnected, we can see crime as a way back or a way out of our troubles.



When people stop gambling, they might struggle to find exciting new things to do, and they might have lost friends and family who could help them. Finding other things to do is important because people often keep gambling due to social isolation and not having other fun activities.

Tips for safer gambling



Understand the risk - the house always wins



Set limits with your time



Talk with your gambling support person



Gamble with a clear mind, not when you are upset or stressed



Don't try to win back what you have lost



Set limits with your money



Maintain balance in life - spend time in culture, do activities that you enjoy.



Don't depend on good luck strategies