

Think you can spot a

student with a gambling problem?

1 800 858 858
speak in English
1 800 856 800
speak in all other languages

Don't bet on it.

Is gambling really an issue amongst students?

Why do students gamble?

We know that around 3-4% of young people have problems with gambling. However, problem gambling is not like using drugs or drinking in excess. Any student who has a smartphone has access to both Australian and international online casinos and gambling products 24/7, and can quietly gamble away their entire savings, and even get into dangerous levels of debt, without exhibiting any obvious outward signs. Increasing levels of promotion mean that this situation is likely to worsen unless we actively tackle it together.

Students may gamble for various reasons

- To be social in their friendship groups, particularly if they include older peers
- To ease boredom or reduce anxiety and loneliness
- As an escape from the stress of study
- It is a new experience for some international students
- Some believe it is an easy way to make money

What are the signs?

If your student

- Shows signs of anxiety and depression
- Speaks of abandoning study
- Is in financial stress and unable to pay for university fees and expenses
- Has difficulty maintaining stable housing arrangements
- Expresses interest in university loan arrangements
- Speaks of alienation from friends and family

...then it is possible that they need your support.

How can you support at-risk students?

Gambling Help offers NSW free and confidential support in English and most community languages for problem gamblers as well as their friends and families. Gambling Help NSW is working with your counselling department to ensure that any student who is having a problem with gambling can seek free, effective and confidential help on campus, via the Gambling Help website www.gamblinghelp.nsw.gov.au or by calling the Gambling Help hotline 1800 858 858.

In 2016, Gambling Help communications will be launched around campus in the form of posters, social media messages and digital media. It is our hope that these materials will raise awareness and encourage students to seek help. By knowing that free, confidential and effective help is available, you may be able to help students to get support before their academic careers are endangered.

To find out more visit our website or speak with your counselling unit.

Won't they ask for help if they need it?

There are several reasons why students may not ask for help from your university support services, and why you may need to actively refer them or encourage them to take the first step:

- Students may not be aware that help is available
- Students may fear a black mark against their name
- The stigma around gambling means that students may not feel comfortable asking for help directly from a counsellor. However they may have a trust-based relationship with you, or another teacher or staff member who can point them in the right direction.

