

Is gambling becoming a serious problem for you?

If you are worried about your gambling you can use this quiz to find out if it is becoming a problem.

Scoring

For each question there are four possible responses:

- Never (score 0)
- Sometimes (score 1)
- Most of the time (score 2)
- Almost always (score 3)

Jot down your answers on a piece of paper

Think about the last 12 months

Have you ever bet more than you could really afford to lose?	0	1	2	3
Have you needed to gamble with larger amounts of money to get the same feeling of excitement	0	1	2	3
Have you gone back on another day to try win back money you have lost?	0	1	2	3
Have you borrowed money or sold anything to gamble?	0	1	2	3
Have you felt you might have a problem with gambling?	0	1	2	3
Have people criticised your betting or told you that you had a gambling problem, whether or not you thought it was true?	0	1	2	3
Have you felt guilty about the way you gamble or what happens when you gamble?	0	1	2	3
Has your gambling caused you any health problems, including stress or anxiety?	0	1	2	3
Has your gambling caused any financial problems for you or your household?	0	1	2	3

Total: _____

What does your score mean?

0

You experience no issues with gambling. However, keep an eye on your gambling so it does not become a problem in the future.

1-2

A **low-risk gambler** – you experience few, if any issues with gambling. However, keep an eye on your gambling so it does not become a problem in the future.

3-7

A **moderate risk gambler** – you experience some issues with gambling. Now is the time to take practical steps to ensure your gambling remains under control. Visit gamblershelp.com.au

8+

A **high risk gambler** – there are many ways to get help. Find the support that's right for you at gamblershelp.com.au. For immediate help call **1800 858 858**. It's free, confidential and available 24 hours a day, seven days a week.