

# Digital Mental Health for Gambling Disorder

## WHAT IS A GAMBLING DISORDER?

Gambling is a common pastime across many cultures – from buying lottery tickets to betting on games or sporting events. When gambling starts to impact your relationships, study, work, or your financial or mental health and you continue to gamble anyway or find it difficult to stop, you might be struggling with a gambling disorder.

Scan to download a free  
PDF version from the  
eMHPrac Website



## HOW CAN DIGITAL MENTAL HEALTH HELP?

Getting help from a professional can significantly improve your chances of recovery. Digital mental health services can be used alone or in combination with face-to-face therapy and can help you recognise the signs of problem gambling, look at your relationship with gambling, manage your feelings about your current situation and get your life back on track.

## WHAT ARE THE SYMPTOMS OF GAMBLING DISORDER?

### Physical

- Study or work problems due to gambling such as being late or not performing as well.
- Looking to others to cover financial problems caused by gambling.

### Psychological

- Restlessness or irritability when stopping or cutting down.
- Frequent thoughts about gambling.
- Using gambling to cope with anxiety, guilt or sadness.
- Reduced interest in hobbies or other activities.

### Behavioural

- Gambling with increased amounts of money to obtain a sense of excitement.
- Being unable to stop or cut down.
- Returning to gambling to chase losses.
- Relationship problems due to gambling.
- Not keeping on top of household tasks like cleaning or paying bills.

## Crisis Services



### Beyond Blue Support Service

24/7 phone and online support counselling, moderated peer-support forums and information on gambling, and other mental health topics.  
1300 22 4636



### Suicide Call Back Service

24hr phone and online counselling for people at risk of suicide or those bereaved by suicide. Registration required for online counselling.  
1300 659 467



### Lifeline

24/7 telephone and online crisis support and counselling service. Gambling toolkit and information on related topics like financial stress.  
13 11 14



### MensLine Australia

24hr telephone, online and video counselling service for men. Information on a range of topics including addiction and problem gambling.  
1300 78 99 78



### Open Arms

24hr telephone crisis support and counselling for veterans and their families, and information about gambling.  
1800 011 046



### Kids Helpline

24hr phone and real-time web-based crisis support for youth (5-25 yrs).  
1800 55 1800

# Digital Mental Health for Gambling Disorder

## Digital Mental Health Gateway

### Head to Health

#### Head to Health

A website that links Australians to online and phone mental health services, information and resources.  
[headtohealth.gov.au](https://headtohealth.gov.au)

## Information Sites



#### Australian Psychological Society

Factsheet on gambling addiction causes, treatments and where to find help.  
<https://psychology.org.au/for-the-public/psychology-topics/gambling>



#### ReachOut

Online mental health service for young people and their families providing information and moderated peer support on a range of topics.  
<https://au.reachout.com/articles/gambling-addictions>



#### Relationships Australia

Information on gambling and your relationships.  
<https://relationships.org.au/document/does-gambling-affect-relationships/>



#### eSafety Commissioner

Information and advice on online gambling and gambling in online games for parents and youth.  
<https://www.esafety.gov.au/key-issues/staying-safe/gaming>



#### Gambling Help QLD

Information about problem gambling, personal stories and ways to access support or help someone else. This service aims to help people understand gambling, learn the signs and take action to change their relationship with gambling.  
<https://www.gamblinghelpqld.org.au/>



#### Gamble Aware

Practical tips to help you 'show gambling who's boss' and get your life back on track, with links to a 24/7 helpline and online counselling.  
<https://www.gambleaware.com.au>



#### Gambling Impact Society NSW

Information, personal stories and factsheets to help people understand problem gambling and ways to support someone with a gambling problem.  
<http://gisnsw.org.au/>



#### Problem Gambling SA

Information for individuals, their family, friends and professionals about gambling, recognising the signs, and accessing support, alongside real stories from people with lived experience of problem gambling.  
<https://problemgambling.sa.gov.au/>



#### Gambler's Help

Real stories, information, and links to access support for individuals, families, friends, young people, and First Nations people, and support in languages other than English.  
<https://gamblerhelp.com.au/>



## Phone Services

#### National Gambling Helpline

24/7 telephone, online and email counselling. SMS services, online peer support, information, and support for anyone affected by gambling.  
<https://www.gamblinghelponline.org.au/>  
1800 858 858



#### Youthline

24/7 advice and support line for young people who fear their betting is getting out of control or are worried about someone else.  
<https://gamblerhelp.com.au/get-help/under-25s/>  
1800 262 376



#### National Debt Helpline

The National Debt Helpline provides a free, confidential telephone or online chat service where people can speak to professional financial counsellors to help them get back on track.  
<https://ndh.org.au/>  
1800 007 007

## Apps



#### Smiling Mind - Digital Detox Program

Website and app teaching mindfulness and meditation. The digital detox program supports individuals to take a break from technology and reconnect with their surroundings.  
<https://www.smilingmind.com.au/smiling-mind-app>



#### SMART Track

Supporting people to track their progress towards improving their health, allowing them to receive tailored feedback and work towards personally meaningful goals.  
Available on Apple Store and Google Play

## Online Programs



#### Gambling Help Online

Nine self-help modules designed to provide strategies and tools to help you address different aspects of your gambling. Recommended for use with your own therapist.  
<https://www.gamblinghelponline.org.au/take-a-step-forward/self-help>