









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





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

Open Arms

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







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

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

Kids Helpline

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











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This resource sheet is designed for mental health professionals to use, whether as a resource to share with clients or as a reference guide. Others are welcome to use or share this resource for general information purposes only and within the scope of their professional role.

National Mental Health Website

HEAD T△ HEALTH

Head to Health

A website that links Australians to free and lowcost online and phone mental health services. headtohealth.gov.au

Information Sites



Australian Psychological Society

Factsheet on gambling addicition 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/





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



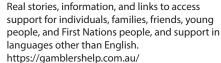
Information, personal stories and factsheets to help people understand problem gambling and ways to support someone with a gambling problem.

http://gisnsw.org.au/

Problem Gambling SA

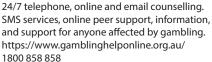


Gambler's Help



Phone Services

National Gambling Helpline



Youthline



gambling help **& Online**

problemgambling.sa.gov.au

Gambler's

Help

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://gamblershelp.com.au/get-help/under -25s/

1800 262 376

National Debt Helpline



The National Dept 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-

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



gambling help # Online