



Impacts of Gambling on family

Harm from gambling isn't just about losing money, it can hurt our family as well. Gambling can affect our family and children in a number of ways.

Family members can feel upset or worried about our gambling. They may feel like they don't have control over their lives or feel insecure and unsafe. Shame, anger, and betrayal are common feelings for family and children when gambling harm affects them.

When gambling is a problem in the household, the environment can become toxic with a lot of tension and many arguments. We can experience a breakdown of trust through dishonesty and secrecy. We can even see these arguments turn to violence in the home.

The stress caused by gambling can mean children take on looking after the house and their siblings. In some families, children may be emotionally or physically neglected or abused.

When children grow up seeing their parents experiencing harm from gambling, they are more likely to gamble themselves later in life and are also at greater risk of developing mental health issues like depression, anxiety, and Post Traumatic Stress Disorder.



On average, one person's gambling can impact six people around them including family and friends. Children who grow up with gambling parents or family members are more likely to experience harm from gambling themselves. It's important to encourage young people to have healthy attitudes towards gambling.

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