

Financial Impacts of Gambling

One of the first things we think of when yarning about gambling is the impact on our finances. We all know that in gambling, the house always wins. This means that when we gamble regularly, we lose more than we win.

Gambling can mean we have difficulty paying our bills and rent, and even missing out on basics like food for our family. It can result in a loss of our assets and savings. In extreme cases, our homes and cars can be taken away to clear our gambling debts.

We may feel more stress, anxiety or depression because of worry about unpaid bills. These emotions can affect our family too.

Our performance at work may also suffer. We may be more tired and angry due to the financial stress, which may cause us to not be as productive or even take days off. These problems over time can result in losing our job.

When people fall on hard times due to gambling, they can turn to criminal activities to fund their gambling habits and settle debts.



Borrowing money or taking out loans to gamble, selling assets, stealing money or getting advances in your pay are all signs of gambling harm.

Tips for safer gambling



Understand the risk - the house always wins



Set limits with your money



Set limits with your time



Gamble with a clear mind, not when you are upset or stressed



Maintain balance in life - spend time in culture, do activities that you enjoy.



Talk with your gambling support person



Don't try to win back what you have lost



Don't depend on good luck strategies