

Health Impacts of Gambling

When we gamble, it's not just about money. The impacts can affect our self-esteem, our relationships, and our physical and mental health. This can spill over into our work and social life.

Having less money because we lost at gambling can create stress when we cannot afford to pay our bills or put food on the table. Stress affects all systems of the body and can harm our mental and physical health. It can also lead to new health conditions or make existing ones worse.

Stress can lead to anxiety and depression, and in some cases we can develop other mental disorders that affect our lives, our families, and our communities.

Stress can also affect the quality of our sleep, which begins to affect our performance at work and while doing other things, like driving or playing sports.

For some of us, when we gamble we may also be drinking or using other drugs. This reduces our ability to make good decisions, and we may spend more than we planned to. Increased drug and alcohol use also has serious effects on our physical and mental health.



Gambling is strongly linked to mental health issues like anxiety, depression and an increased risk of suicidal thoughts.

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