

Gambling concerns

Looking at a Gambling Pattern and Getting Support

Adults | 10 to 15 minutes

Gambling concerns can involve money, time, secrecy, distress, relationships, or a feeling that it is difficult to stop. You do not need to reach a particular level of loss before seeking help. Use one episode to identify what support would be useful.

Describe the situation without listing betting strategies or detailed losses. Choose a support step rather than trying to recover money through gambling.

Trace the episode

Notice the setting, trigger, hoped-for outcome, and what followed. Consider excitement, escape, pressure, or the urge to recover losses without treating those urges as instructions.

Explore practical protection

Ask a qualified gambling-support service about suitable treatment and voluntary access limits or self-exclusion options. Consider financial advice and trusted help while preserving consent and safety around money.

1. What cue or situation led toward gambling?**2. What did I hope gambling would change, and what followed?****3. What access limit or practical support would I like to discuss?****4. Who can help, and what question will I ask about next steps?****Clinical use and adaptation**

Assess suicide risk, financial crisis, coercion, and immediate safety directly when indicated. Do not suggest betting systems, chasing losses, or informal control of another person's finances. Use appropriate gambling-specific referral and verify local options.