

Gamble Aware Week

October 19-24

Gambling checklist

Don't let your sports betting and gambling spiral out of control.

Have you:

- ☐ Bet more than you could really afford to lose?
- ☐ Gambled to win back money?
- ☐ Felt guilty or anxious about your gambling?
- ☐ Needed to bet with larger amounts to get the same rush?
- ☐ Lost track of how much money and time you've spent gambling?
- ☐ Had people question you about you gambling lately?
- ☐ In the last 12 months, has gambling caused you to borrow money or go into debt?
- ☐ In the last 6 months, have you ever worried about how much money you're spending on gambling?

There are things you can do!

Contact Anglicare to find out more about our [Gambler's Help service](#) or email us at connectsupport@anglicare-tas.org.au