

Gamble Aware Week

October 19-24

Sports Betting

Are you spending more time watching the odds than the action? It might be time to get back to the real game.

How much do Australians bet on sport?

- Over 500,000 Australian adults regularly bet on sport and 1-2 million Australian adults bet on sport at least once a year.
- In 2015-16, Australians lost around \$921 million on sports betting, not including racing, pacing or greyhounds.

Who bets on sport?

- Sports bettors are most likely to be men (88%), aged between 18 and 49 (75%) and in full time work (70%).
- In a recent study, over three-quarters of children (aged 8-16) correctly recalled the name of at least one sports betting brand and over one-quarter were able to identify four or more.

How many people have problems with sports betting?

- About 41% of regular sports bettors have problems with their gambling.
- About 23% of regular sports bettors experience moderate to severe problems with their gambling.

When does sports betting become a problem?

- A "bad bet" or a losing streak doesn't automatically mean that you have problems with sports betting. But sports betting can be a problem if it starts to have an impact on your life.
- Things that might indicate that sports betting is becoming a problem include:
 - Spending more money or time on betting than you plan to
 - Thinking about betting when you are doing other things
 - Betting more than you can afford to lose
 - Chasing losses or needing to bet more to get the same feeling
 - Borrowing money or selling things to get money to bet

- Neglecting other areas of your life such as relationships or work
- Having health problems caused by betting including stress or anxiety
- Having financial problems caused by betting (e.g. not being able to pay bills)
- Feeling like gambling has taken over or feeling guilty about betting.

What can you do if you think you (or someone you know) might have a sports betting problem?

Get more information:

- Check how much you are spending on sports betting using the [Gambling Calculator at Gambling Help Online](#)
- Check whether you are at risk of having sports betting problems by using the [Self-Assessment at Gambling Help Online](#)
- Check out the [Helping Others](#) section of [Gambling Help Online](#)
- Talk to a counsellor online using [real-time online chat](#) or by [using email](#).

Get some help

- Try the [Self Help Tools at Gambling Help Online](#)
- Talk to a **Gambler's Help** counsellor by phone on [1800 858 858](#)
- Talk to a **Gambler's Help** counsellor online
- You can [email questions](#) or [chat to a counsellor in real time](#)
- They're available 24 hours a day, 7 days a week, no need to identify yourself.

Note: An anonymous login is required for online chat or email. Helpline calls from landlines are free, calls from mobile phones may be charged.