

Harm Reduction: Gambling

These tips are intended to prevent the onset of gambling harm if a person chooses to gamble.

This guidance may not be appropriate for someone who is already experiencing high levels of gambling harm and they may need to be referred for more specialised support.

When working with those that are experiencing homelessness and gambling harm it is important that we meet people where they are at. The person you are supporting might not be in a position to implement all of these harm reduction methods to begin with but getting the process started is an important first step.

We would suggest starting a harm reduction conversation with a brief intervention surrounding gambling harm or using the Gambling Triangle to understand what harm reducing methods will be most important for the person you are supporting to implement.



Harm Reduction: Gambling

These are tips are intended to limit your harm if you choose to gamble.

If you want support, speak to your key worker or someone you trust to help you create a plan to reduce your gambling.



Set a money limit

Decide before you play how much you can afford to lose before quitting, and much you want to spend. Do not change your mind when you lose.



Set a time limit

Decide how much of your time you want to allow for gambling. Leave when you reach the time limit, whether you are winning or losing.



Avoid gambling if you are feeling angry, upset or lonely

If you're gambling to escape problems, you're more likely to experience harm.



Don't try to win back lost money

Expect to lose. Chances are, the more you try to win back your losses, the bigger your losses will be.



Make it a rule not to gamble on credit

Don't borrow to gamble, including writing I.O.U.s, getting cash advances, credit or pawning belongings.



Limit gambling on more than two types of products

The more products you play, the more likely you are to experience harm.



Learn more about how the gambling industry works

The gambling industry makes billions every year from player losses – chances are you will lose money.



Reach out for support from someone you trust

Gambling should not be used to cope with life circumstances. Speak to someone you trust or a contact a support service.

Create your own harm reduction methods -




