

Employee fact sheet:

Recognising when gambling may be becoming a problem



Gambling can start as entertainment, a social activity or a way to switch off. For some people, it can become harder to control over time and may begin to affect finances, relationships, mood, sleep and work.

Gambling concerns can feel difficult to talk about, especially if there is shame, secrecy, financial pressure or worry about how others may respond. Recognising early warning signs and seeking confidential support can help you take practical steps before the impact grows. However support is available at any stage.

What change and uncertainty can feel like

Gambling may be becoming a concern if you notice:

- gambling more than intended
- finding it hard to cut back
- chasing losses
- hiding gambling or financial losses
- borrowing money or missing payments
- feeling restless or anxious when you cannot gamble
- using gambling to cope
- changes in sleep, mood, work or relationships
- feeling guilty, worried or out of control

If you notice a pattern, feel concerned about your gambling or find it is affecting your wellbeing, finances, relationships or work, support is available.



Reaching out early makes a real difference. Contact **PeopleSense** to book a confidential appointment with a qualified psychologist.

AU: 1300 307 912

NZ: 0800 425 526

Strategies that may help

Gambling concerns can feel overwhelming, but small practical steps can help reduce harm, increase control and connect you with support.

1. Notice your patterns

Pay attention to when, where and why you gamble.

2. Be honest about the impact

Notice whether gambling is affecting your life or sense of control.

3. Set limits where possible

Reduce impulsive gambling by setting limits on time, spending, apps, accounts or access to money.

4. Avoid chasing losses

Trying to win back money can increase financial and emotional pressure. It may be time to seek support.

5. Talk to someone you trust

Speaking with someone supportive can reduce secrecy, shame and pressure.

6. Consider safer coping strategies

If gambling has become a way to manage stress, boredom or difficult emotions, [PeopleSense by Altius](#), your EAP, can help you explore other ways to cope, at any stage.

7. Seek specialist support

Gambling support services can help with practical strategies, financial impacts and steps to reduce or stop gambling.