

# Concerned about your gambling?

Take a **quiz** on the back of this card

**gambler's help**  
**1800 858 858**

Free and confidential 24 hour service

[problemgambling.vic.gov.au](http://problemgambling.vic.gov.au)

Deaf, hearing or speech  
impaired call TTY 1800 777 706.

take the **problem** out of gambling

## Is gambling becoming a problem?

If you are worried about your gambling you can use this quiz to find out if it is becoming a problem.

### Scoring

For each question there are four possible responses:

Never (score:0)

Sometimes (score:1)

Most of the time (score:2)

Almost always (score:3)

Circle the most appropriate to you.

### Thinking about the last 12 months:

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. Have you bet more than you could really afford to lose?  | 0 | 1 | 2 | 3 |
| 2. Have you needed to gamble with larger amounts of money to get the same feeling of excitement?                            | 0 | 1 | 2 | 3 |
| 3. Have you gone back on another day to try to win back money you have lost?  | 0 | 1 | 2 | 3 |
| 4. Have you borrowed money or sold anything to gamble?  | 0 | 1 | 2 | 3 |
| 5. Have you felt you might have a problem with gambling?  | 0 | 1 | 2 | 3 |
| 6. Have people criticised your betting or told you that you had a gambling problem, whether or not you thought it was true? | 0 | 1 | 2 | 3 |
| 7. Have you felt guilty about the way you gamble or what happens when you gamble?   | 0 | 1 | 2 | 3 |
| 8. Has your gambling caused you any health problems, including stress or anxiety?   | 0 | 1 | 2 | 3 |
| 9. Has your gambling caused any financial problems for you or your household?   | 0 | 1 | 2 | 3 |

TOTAL

### What does your score mean?

- 0 You experience no issues with gambling. However, keep an eye on your gambling so it does not become a problem in the future.
- 1-2 A **low-risk gambler** - you experience few, if any issues with gambling. However, keep an eye on your gambling so it does not become problem in the future.
- 3-7 A **moderate-risk gambler** - you experience some issues with gambling. Now is the time to take practical steps to ensure your gambling remains under control. Visit [www.problemgambling.vic.gov.au](http://www.problemgambling.vic.gov.au) for information.
- 8 & over A **high-risk gambler** - call Gambler's Help Services on **1800 858 858**. It is a free and confidential 24-hour service and can provide you with information, support and counselling.

This quiz is based on the problem Gambling Severity Index, part of the Canadian Problem Gambling Index and is a reliable measure of problem gambling.