

FACT SHEET 15

HELP SEEKING BEHAVIOUR

HELP SEEKING FOR PROBLEM GAMBLING – BY RISK SEGMENT

The study explored the help seeking activities of moderate risk and problem gamblers. In asking whether help was sought for problem gambling in the past 12 months and who provided the help if it was sought, the study shows that:

- 25.55% of problem gamblers and 3.77% of moderate risk gamblers sought help
- moderate risk gamblers who did seek help did so mainly either through a female relative (42.52%) or a male friend (17.49%)
- problem gamblers who did seek help did so mainly through a counselling professional (35.15%), through Gamblers' Anonymous (15.86%) or Gambler's Help (15.70%), through a psychologist/psychiatrist (14.31%) or from a male friend (11.59%)

WANTING HELP FOR A GAMBLING PROBLEM, BUT NOT SEEKING IT – BY RISK SEGMENT

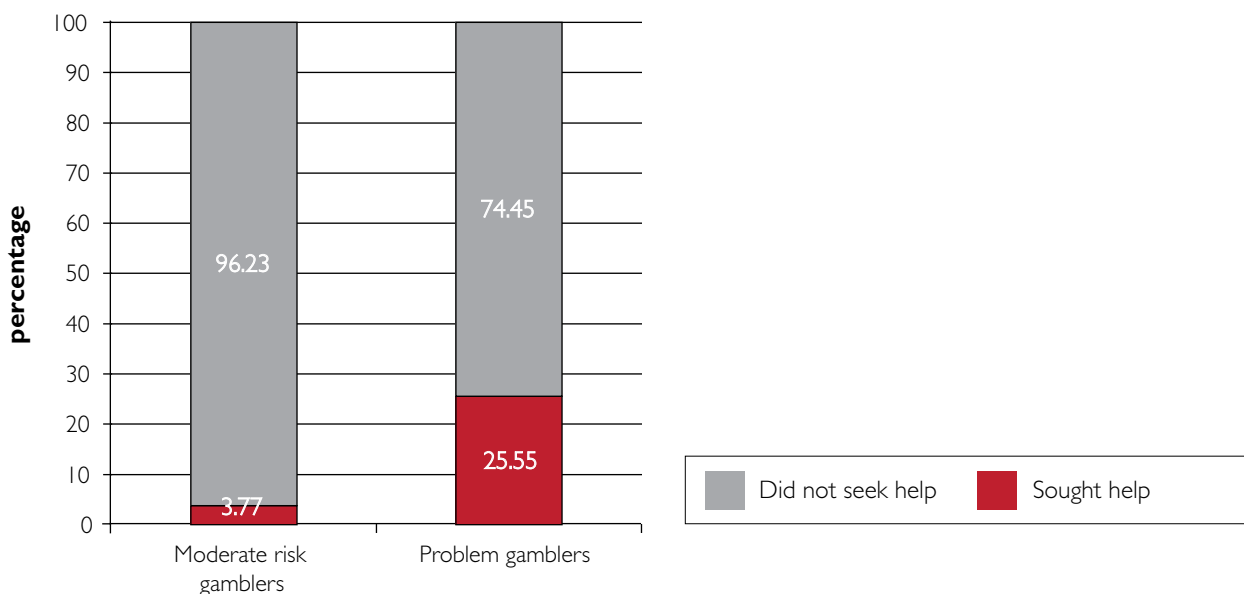
Of the problem gamblers who did not seek help for a gambling problem over the past 12 months, 12.42% wanted help but did not seek it. In addition, of the moderate risk gamblers who did not seek help, 0.62% wanted help.

The most common reasons for both segments not seeking help (despite wanting help) related to the belief they could solve the problem independently. Embarrassment/shyness was similarly reported as a further reason by problem gamblers.

WHO REFERRED THE PERSON FOR HELP?

The study also shows that over two thirds of problem gamblers who sought help (67.78%) made a self-referral. A further 12.01% were referred by a male friend and 9.42% were referred by a doctor or medical professional.

FIGURE A. HELP SEEKING FOR PROBLEM GAMBLING – BY RISK SEGMENT



Question – have you sought any help for a gambling problem – whether informally from a friend or more formally from a help professional in the past 12 months? (Base: moderate risk and problem gamblers).