

# Gambling and other co-occurring issues

Gambling does not often happen in isolation, usually there are one or more co-occurring issues. These could have been occurring before the gambling began or were as a result of gambling activity.

## Gambling and Mental Health

Approximately three-quarters of people seeking treatment for gambling harm also experience mental health.

When addressing mental health it is important to ask about gambling behaviour as there is a strong correlation between the two. This will help you to support and implement strategies with your clients in reducing gambling harm. For more information, contact Gambler's Help at Bethany.

## Gambling and Alcohol and/or Drugs

For many people, gambling and substances may occur as a way to socialise and connect and you may notice that service users are experiencing harm and control is slipping.

Gambling and substances can make someone feel good at first and some people enjoy the feelings of "escape" - but the consequences can be damaging. It is important for service users to access support when needed. For more information, contact Gambler's Help at Bethany.

## Gambling and Family Violence

The relationship between gambling and family violence is an emerging area of concern. Family violence is three times more likely to occur in families in which there is problem gambling than in families in which there are no gambling problems. Current research indicates gambling contribute to the frequency and severity of family violence. It is important to understand the link between the two and know where to seek support. For more information, contact Gambler's Help at Bethany.

## Gambling and Housing

It is well known that there are many factors that can contribute to an individual becoming homeless, many individuals who experience homelessness can present with complex needs.

Gambling harm is 10 times more common in the homeless than the general population. Gambling can cause significant financial stress and can be detrimental to a person's health and could lead to issues with housing and put the person at risk of homelessness.

**For more information, contact  
Gambler's Help at Bethany**

Bethany Community Support 5278 8122 [www.bethany.org.au](http://www.bethany.org.au)  
Gamblers Help 1800 858 858 [www.gamblershelp.com.au](http://www.gamblershelp.com.au)

