



GAMBLING ADDICTION: RECOGNISE THE SIGNS – RECLAIM YOUR WELLBEING

Gambling starts as harmless entertainment, but it can lead to but it can result in serious harm. Gambling addiction, also known as compulsive gambling, is a mental health disorder that can affect one's wellbeing, relationships, and everyday life. It requires attention, understanding, and appropriate support.



WHY IT MATTERS FOR YOUR WELLBEING

Gambling addiction can lead to any of the following:

- Financial stress
- Anxiety and depression
- Relationship breakdowns
- Reduced work performance
- Feelings of shame and isolation

Supporting mental and emotional wellbeing involves recognising harmful behaviours early and taking steps to address them.



KNOW THE WARNING SIGNS

- Constant thoughts about gambling
- Hiding gambling habits from others
- Gambling to escape problems or manage difficult emotions
- Borrowing money to gamble
- Feeling anxious or irritable when unable to gamble
- Gambling affecting relationships or work performance
- Lying to hide gambling activity



HOW TO SUPPORT YOURSELF OR OTHERS

Talk about it: open conversations, help reduce stigma and encourage help-seeking

Seek help: professional support is available through counsellors, helplines, and support groups

Practice healthy habits: replace gambling with positive activities like exercise, hobbies, or social time

Check in: if you're concerned about someone, ask how they're doing and listen without judgement



YOU'RE NOT ALONE – WE'RE HERE TO HELP.

Sources: <https://responsiblegambling.org.za/>

<https://headroom.co.za/where-to-get-help-for-gambling-addiction-in-south-africa/>

