

**TEST YOURSELF**

Many people gamble, but did you know sometimes gambling can affect our health? Answer the questions below as truthfully as you are able to check your gambling health now.

- Sometimes I've felt depressed or anxious after gambling.
- Sometimes I've felt guilty about the way I gamble.
- When I think about it, gambling has sometimes caused me problems.
- Sometimes I've found it better not to tell others, especially my family, about the amount of time or money I spend gambling.
- I often find when I stop gambling I've run out of money.
- Often I get the urge to gamble to win back prior losses.
- I have received criticism about my gambling in the past.
- I have tried to win money to pay debts.

**Y N**

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*If you answered YES more than once or twice the people at Break Even could be your best bet.*

**KNOW WHERE TO RUN  
WHEN THE GAMES ARE  
NO LONGER FUN**



Gambling problems can get overwhelming. There is a way out. Break Even support is free, confidential and personalised to your needs. Anyone can make contact.

Ask questions, get answers. Avoid or defeat problems.

Help by phone:

Gambling Helpline Tasmania 1 800 858 858

Face-to-face options:

Anglicare Tasmania 1 800 243 232  
Relationships Australia, Tas 1 300 364 277

More at [www.dhhs.tas.gov.au/gambling](http://www.dhhs.tas.gov.au/gambling) including self-help info.

\*'Eight' Gambling Screen - Early Intervention Gambling Health Test  
Developed by Dr Sean Sullivan for the Problem Gambling Foundation  
of New Zealand and the Department of General Practice and Primary  
Health Care at the Auckland School of Medicine.

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