

# Your health: Do you have a gambling problem?



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If you think that you might have a gambling problem, take a few minutes to answer the following questions:

## 'EIGHT' Gambling Screen

1. Sometimes I've felt depressed or anxious after a session of gambling.

Yes, that's true.

No, I haven't.

2. Sometimes I've felt guilt about the way I gamble.

Yes, that's so.

No, that isn't so.

3. When I think about it, gambling has sometimes caused me problems.

Yes, that's so.

No, that isn't so.

4. Sometimes I've found it better not to tell others, especially my family, about the amount of time or money I spend gambling.

Yes, that's true.

No, I haven't.

5. I often find that when I stop gambling I've run out of money.

Yes, that's so.

No, that isn't so.

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6. Often I get the urge to return to gambling to win back losses from a past session.

Yes, that's so.

No, that isn't so.

7. I have received criticism about my gambling in the past.

Yes, that's true.

No, I haven't.

8. I have tried to win money to pay debts.

Yes, that's true.

No, I haven't.

If you answered YES to four (4) or more of these questions, you may have a gambling problem. For further information or to make an appointment, please contact the Gambling Counselling Service on 9477 9567 or phone the Intake line on 1300 889 788.

We have more fact sheets on gambling: "[How does gambling become a problem?](#)", "[Help for gambling problems](#)", "[Information for family & friends](#)". Or you might like to look at the [Gambling Counselling Service](#) site, or the [Drug, Alcohol and Gambling Service](#) information.



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