

致家长、看护者的忠告 赌博问题的迹象

下列迹象表明您的子女可能有赌博问题：

- 将大量时间用在赌博上，脑海中总想着赌博一事。
- 因为把时间用在赌博方面，经常旷课，导致学习成绩开始下降。
- 开始加大频率下更大的赌注，延续由赌博带来的兴趣和兴奋点。
- 情绪易出现波动，不能定期赌博、试图减少赌博频率或试图戒赌时会感到焦虑不安。
- 承诺戒赌或减少赌博频率，但却难以兑现承诺。
- 就赌博行为说谎或者守口如瓶。
- 丢失个人物品，无法支付经常性开销，因为她/他们对这些物品和金钱进行挪用，为其赌博活动筹集赌资。
- 向家人、朋友借钱赌博，或者从家里拿钱赌博。
- 持续赌博，因为他（她）们相信他（她）们可以翻本，然后再金盆洗手。
- 将赌博视为逃避问题或忘记问题的方式。
- 家人和朋友现在均对您子女的赌博问题继续恶化表示担忧。
- 涉足赌博风险的个人并不一定会表现出上述所有行为。

如果您认为您的孩子赌博或过度沉迷赌博，您有多种应对方式可供选择，包括寻求专业性帮助。一般而言，您可以采取以下步骤：

- 获取有关赌博及其风险的信息。
- 认识到您自身的赌博行为和对赌博的迷信。
- 鼓励关于赌博的讨论和询问。
- 聆听孩子的心声。
- 如果赌博问题不算严重，可以对其赌博的时间、赌金及赌博频率进行限制。

何处寻求帮助



Communities NSW



**Diversity
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Quality Health Care for a Diverse Australia

新州多元文化赌博问题服务处 (Multicultural Problem Gambling Service for NSW) /
免费电话 1800 856 800
赌博问题帮助热线 (Gambling Help Line) 1800 858 858 (每周7天、每天24小时服务)

Advice for parents and carers

Signs of problem gambling

Some signs that your son or daughter may have a gambling problem include:

- Spends lots of time gambling and thinking about gambling.
- Misses school or grades start to worsen because of time spent gambling.
- Starts to place larger and more frequent bets to maintain interest and excitement produced by gambling.
- Experiences mood swings and feels stressed when not gambling regularly or trying to reduce or stop gambling.
- Promises to stop or reduce their gambling but has trouble following through with plan.
- Lies or is secretive about gambling activities.
- Missing personal belongings or cannot cover regular expenses as he/she has used these to finance gambling activities.
- Borrows or takes money from family members or friends to gamble.
- Keeps on gambling because they believe that they can win back their money and stop.
- Gambles as a means of escape or to forget their problems.
- Family members or friends are concerned that your son/daughter's gambling will become serious.
- An individual at risk will not necessarily exhibit all these behaviours.

If you think your child is gambling or gambling too much you have options including seeking professional help. Here are some general steps to follow:

- Get informed about gambling and its risks.
- Be aware of your own gambling behaviour and beliefs.
- Encourage discussion and questions about gambling.
- Listen to what your child has to say.
- Set limits of time, money and frequency of gambling if problems are not severe.

WHERE TO GET HELP



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Multicultural Problem Gambling Service for NSW Tollfree 1800 856 800
Gambling Help Line 1800 858 858 (24 hours / 7 days a week).