

致家長、看護者之忠告 賭博問題的跡象

下列跡象表明您的子女可能有賭博問題:

- 將大量時間用在賭博上，腦海中總想著賭博一事。
- 因為把時間用在賭博方面，經常曠課，導致學習成績開始下降。
- 開始加大頻率下更大的賭注，延續由賭博帶來的興趣和興奮點。
- 情緒易出現波動，不能定期賭博、試圖減少賭博頻率或試圖戒賭時會感到焦慮不安。
- 承諾戒賭或減少賭博頻率，但卻難以兌現承諾。
- 就賭博行為說謊或者守口如瓶。
- 丟失個人物品，無法支付經常性開銷，因為她/他們對這些物品和金錢進行挪用，為其賭博活動籌集賭資。
- 向家人、朋友借錢賭博，或者從家裏拿錢賭博。
- 持續賭博，因為他（她）們相信他（她）們可以翻本，然後再金盆洗手。
- 將賭博視為逃避問題或忘記問題的方式。
- 家人和朋友現在均對您子女的賭博問題繼續惡化表示擔憂。
- 涉足賭博風險的個人並不一定會表現出上述所有行為。

如果您認為您的孩子賭博或過度沉迷賭博，您有多種應對方式可供選擇，包括尋求專業性幫助。一般而言，您可以採取以下步驟:

- 獲取有關賭博及其風險的資訊。
- 認識到您自身的賭博行為和對賭博的迷信。
- 鼓勵關於賭博的討論和詢問。
- 聆聽孩子的心聲。
- 如果賭博問題不算嚴重，可以對其賭博的時間、賭金及賭博頻率進行限制。

何處尋求幫助



Communities NSW



**Diversity
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Quality Health Care for a Diverse Australia

新州多元文化賭博問題服務處 (Multicultural problem gambling Service for NSW) /
免費電話 1800 856 800
賭博問題幫助熱線 (Gambling Help Line) 1800 858 858 (每週7天、每天24小時服務)

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).