

GAMBLING HARM AWARENESS FOR ATHLETES

7x

DID YOU KNOW THAT RESEARCH HAS SHOWN THAT PROFESSIONAL ATHLETES ARE 7X MORE LIKELY TO ENGAGE IN PROBLEMATIC GAMBLING BEHAVIOUR THAN THE GENERAL POPULATION
- TURK ET AL. (2023)

8.2%

OF ACADEMY LEVEL ATHLETES ARE AT RISK OF DEVELOPING A GAMBLING PROBLEM

THE GAMBLING SPECTRUM



SPOTTING THE SIGNS

- ALWAYS ON THEIR MOBILE PHONE
- ASKING TO BORROW MONEY
- LYING
- STRESSED/ANXIOUS
- IRRITABLE/MOOD UP AND DOWN
- SKIPPING/LATE FOR TRAINING

SO WHY ARE YOU MORE AT RISK?

- FINANCIALLY DRIVEN
- COMPETITIVE NATURE
- TIME/BOREDOM
- DISPOSABLE INCOME
- SPORTING KNOWLEDGE
- PEER PRESSURE
- INJURY
- REPLICATING THE BUZZ FROM A GAME
- ESCAPISM

SPORT LOSES WHEN IT'S FIXED. SO DO WE ALL. GAMBLING HARM GOES BEYOND THE BET AS IT AFFECTS FANS, PLAYERS, AND COMMUNITIES ALIKE.

- DON'T BE AFRAID TO ASK FOR HELP
- LOOK OUT FOR SIGNS IN YOURSELF AND OTHERS
- MAKE SURE YOU KNOW THE RULES FOR YOUR SPORT AND THE COUNTRY IN WHICH YOU ARE PLAYING
- APPROACH THE CONVERSATION WITH EMPATHY AND UNDERSTANDING

WHERE HELP CAN BE FOUND

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