

Online gaming and gambling



What is gaming?

Gaming refers to playing electronic games, whether through consoles, computers, mobile phones or another medium altogether. Gaming is a term that suggests regular gameplay, possibly as a hobby but sometimes for financial return or gain.

What is gambling?

Traditionally, gambling is an activity where someone risks money or belongings and there is often randomness or chance involved. The traditional methods that are most common are gaming machines/pokies, lotteries, sports betting and scratch tickets where the purpose is to win a financial or other material reward.

How much gaming is too much?

Are you or someone you know:

- Playing games outside of agreed times
- Skipping meals
- Gaming too close to bedtime (the games' "blue light" can disrupt sleep cycles) or staying up too late, or all night, gaming
- Opting out of other activities, such as sports or hanging out with friends
- No longer doing the things you used to so you can do gaming instead
- Or doing any of the following [HERE](#)?



Did you know gaming can lead to gambling?

Attitudes towards betting are developing long before you can legally gamble. Undertaking gambling-like activities in gaming may lead to other forms of gambling down the track. It's important to know the risks of gambling harm before getting involved in gambling.

Do you gamble? Are you at risk of gambling harm?

What is gambling harm?

Gambling harm is when a person begins to lose money that they can't afford to lose, and when they try to stop gambling they are unable to stop (gambling can become an addiction).

Gambling can become so serious that people start lying to others about what they have been doing. They may start to borrow money from friends or family, and they may start stealing money. Gambling addiction can become so serious that in some cases it causes people to end their lives.

Remember: Gambling is meant to be for fun and entertainment. If gambling is no longer fun or entertaining, then you may be experiencing gambling harm.

Remember: Betting companies exist to make them money, not the gambler. Gamblers always lose in the long run.

Who should I talk to if I think I am gambling too much?

Talk to someone you trust, the **Gambling Helpline** on **1800 858 858**, or find some more contacts on this page.