

# Sports betting



## How much do Australians bet on sport?

- Over **500,000 Australians** regularly bet on sport and 1 to 2 million Australians bet on sport at least once a year
- In 2015-16, Australians lost around **\$921 million on sports betting**, not including racing, pacing or greyhounds

## Who bets on sport?

- **People who bet on sports** are most likely to be men (88%), aged between 18 and 49 (75%) and in full-time work (70%)
- In a recent study, **over three-quarters of children (aged 8-16)** correctly recalled the name of at least one sports betting brand and over one-quarter were able to identify four or more

## How many people have issues with sports betting?

- **About 41% of people who regularly bet on sports** have problems with their gambling
- **About 23% of people who regularly bet on sports** experience moderate to severe problems with their gambling

## When does sports betting become a problem?

- A "bad bet" or a losing streak doesn't automatically mean you have problems with sports betting. But sports betting can be a problem if it starts to affect your life
- Things that might indicate that sports betting is becoming harmful include:
  - Spending more money or time on betting than you plan to
  - Thinking about betting when you are doing other things
  - Betting more than you can afford to lose
  - Chasing losses or needing to bet more to get the same feeling
  - Borrowing money or selling things to get money to bet

- Neglecting other areas of your life such as relationships or work
- Having health problems caused by betting, including stress or anxiety
- Having financial problems caused by betting (e.g. not being able to pay bills)
- Feeling like gambling has taken over, or feeling guilty about betting

## What can you do if you think you (or someone you know) might be experiencing harm from sports betting?

### Get more information

- Check how much you are spending on sports betting using the **Gambling Calculator at Gambling Help Online**
- Check whether you are at risk of having sports-betting problems by using the **Self-Assessment at Gambling Help Online**
- Check out the **Helping Others** section of **Gambling Help Online**
- Talk to a counsellor online using **real-time online chat** or **email**

### Get some help

- Try the **Self-Help tools at Gambling Help Online** (anonymous login required)
- Talk to a Gambling Helpline counsellor by phone on **1800 858 858**. They're available 24 hours a day, 7 days a week, no need to identify yourself
- Talk to a Gambling Helpline counsellor online - available 24 hours a day, 7 days a week, no need to identify yourself. You can **email questions** or **chat to a counsellor in real time**
- Check out resources and support options near you by clicking the link **HERE**

Note: An anonymous login is required for online chat or email. Helpline calls from landlines are free. Calls from mobile phones may be charged.