

Empowering Families: Navigating Gambling Concerns



Addressing gambling challenges can lead to stronger family bonds and improved well-being for everyone. While gambling issues may initially cause financial instability, mental health concerns, and emotional stress, families, friends, and communities can work together to create a supportive environment that fosters resilience and recovery.

Gaming & Gambling Alternatives

- Biking
- Hiking
- Going to a park
- Family nights
- Travel
- Movie night
- Community events
- Board game nights

Types Of Gambling Youth Engage In:

- Video Games
- Mobile Apps
- Sports Betting
- Lootboxes
- Content Creator Games/Raffles
- Lottery Tickets
- Arcade Games

What To Look For:

- Withdrawal from social groups
- Borrowing money
- Selling important personal belongings
- Stealing
- Changes in mood or appearance
- Skipping school
- Lying
- Presence of gambling apps or sites on their devices
- Obsession with sports scores

What Can You Do?

- Look out for gambling warning signs
- Educate yourself
- Talk about screen use and alternative activities and set clear rules for screen time.
- Provide clear family attitudes not to gamble
- Plan fun family time together
- Promote protective factors