

Gambling is an entertainment that most adults enjoy, whether it's Lotto, playing the horses, gambling machines, or even going to a casino.

Young people can often access gambling, and as with some adults, it can become increasingly important in our lives.

*Sometimes it can also start to affect our health*

To help us check your health please answer the questions below as truthfully as you are able from your own experience

1. Sometimes I've felt down or stressed out after gambling.

yes, sometimes

no, never

2. Sometimes I've felt bad about the way I gamble

yes, sometimes

no, never

3. When I think about it, gambling has sometimes caused me grief.

yes, sometimes

no, never

4. Sometimes I've found it better not to tell people, especially my friends, about the amount of time or money I spend gambling.

yes, sometimes

no, I never

5. I often find that when I stop gambling I've run out of money

yes, sometimes

no, never

6. I often feel like going gambling again to win back losses

yes, sometimes

no, never

7. Yes, some people have put me down about my gambling in the past

yes, sometimes

no, never

8. Yes, I have tried to win the money that I owe others

yes, sometimes

no, never

Scoring: 4 or more 'yes' responses indicate a probable gambling problem exists

*Eight Screen-Y*

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