



Risk factors for a young



## Self-evaluation questions

You can use these questions to help evaluate whether the young person you are in contact with has developed a problem with gambling.

Do you often find yourself thinking about gambling activities and/or planning the next time you will play?

Do you need to spend more and more money on gambling activities to get the same level of excitement?

Do you become restless, tense, fed up, or bad tempered when trying to cut down or stop gambling?

Do you ever gamble to escape or forget problems?

After losing money on gambling activities, do you ever return another day to try and win your money back?

Have you lied to your family and friends about your gambling?

Have you spent your lunch or transport money on gambling activities?

Have you taken money from someone you live with, without their knowledge, in order to gamble?

Have you stolen money from outside the family or shoplifted in order to gamble?

Have you experienced problems with members of your family or close friends because of your gambling?

Have you missed school or work in order to participate in gambling activities?

Have you ever had to ask for help because of your gambling?



## Where to find support

[www.BigDeal.org.uk](http://www.BigDeal.org.uk)

GamCare counselling - more information at  
[www.gamcare.org.uk](http://www.gamcare.org.uk)