

RECOGNISING HARM FOR WOMEN

How gambling can impact women and those around them

Harm looks different for every woman. It can affect finances, relationships, emotional wellbeing and opportunities.



SIGNS OF GAMBLING HARM



FINANCIAL

- Spending more than intended
- Chasing losses
- Money stress and changes in spending
- Borrowing money and increased debt



RELATIONSHIP

- Hiding gambling
- Conflict or loss of trust
- Break down in relationships with partner, family and friends
- Feeling isolated or withdrawing



EMOTIONAL

- Worry, stress or anxiety
- Feeling guilty or ashamed
- Mood changes or low self-esteem
- Loss of confidence or hope



EVERYDAY LIFE

- Neglecting work, study or responsibilities
- Spending less time on self-care
- Loss of interest in other activities
- Difficulty concentrating



AFFECTED OTHERS

- Impact on partners, children, family and friends
- Worry or stress for loved ones
- Causing conflict or financial strain for others

WHY RECOGNISING HARM MATTERS

- ✓ Harm is not always visible.
- ✓ Many women experience shame and delay seeking help.
- ✓ Early recognition can reduce harm and improve wellbeing.
- ✓ Support is available, you are not alone.



THE SPECTRUM OF HARM

Gambling harm exists on a spectrum. Anyone can experience low levels of harm, but for some it can increase over time and lead to significant impacts.



LOWER IMPACT

Some negative feelings, money stress, or impact on daily life.

MODERATE IMPACT

Ongoing financial difficulty, relationship breakdown, mental health challenges.

SIGNIFICANT IMPACT

Severe financial loss, homelessness, criminality, and suicidal thoughts.



KEY TAKEAWAY

Harm can affect any woman, no matter how often or how much she gambles. Recognising the signs is the first step to getting support.



Gambling Harms Women Too

Addressing the normalisation of gambling for women



This fact sheet is based on a range of research exploring how gambling can impact women and those around them.