



Multicultural Problem  
Gambling Service for NSW  
*strengthening people and families*

gambling **HELP**

PHONE • FACE TO FACE • ONLINE

1800 858 858

[www.gamblinghelp.nsw.gov.au](http://www.gamblinghelp.nsw.gov.au)

Traditional Chinese

# 致家長、看護者之忠告 賭博問題的跡象

## 下列跡象表明您的子女可能有賭博問題:

- 將大量時間用在賭博上，腦海中總想著賭博一事。
- 因為把時間用在賭博方面，經常曠課，導致學習成績開始下降。
- 開始加大頻率下更大的賭注，延續由賭博帶來的興趣和興奮點。
- 情緒易出現波動，不能定期賭博、試圖減少賭博頻率或試圖戒賭時會感到焦慮不安。
- 承諾戒賭或減少賭博頻率，但卻難以兌現承諾。
- 就賭博行為說謊或者守口如瓶。
- 丟失個人物品，無法支付經常性開銷，因為她/他們對這些物品和金錢進行挪用，為其賭博活動籌集賭資。
- 向家人、朋友借錢賭博，或者從家裏拿錢賭博。
- 持續賭博，因為他（她）們相信他（她）們可以翻本，然後再金盆洗手。
- 將賭博視為逃避問題或忘記問題的方式。
- 家人和朋友現在均對您子女的賭博問題繼續惡化表示擔憂。
- 涉足賭博風險的個人並不一定會表現出上述所有行為。

如果您認為您的孩子賭博或過度沉迷賭博，您有多種應對方式可供選擇，包括尋求專業性幫助。一般而言，您可以採取以下步驟:

- 獲取有關賭博及其風險的資訊。
- 認識到您自身的賭博行為和對賭博的迷信。
- 鼓勵關於賭博的討論和詢問。
- 聆聽孩子的心聲。
- 如果賭博問題不算嚴重，可以對其賭博的時間、賭金及賭博頻率進行限制。



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MPGS/APAC/FS/CHT



NSW  
GOVERNMENT

新州多元文化賭博問題服務處 (Multicultural problem gambling Service for NSW) /  
免費電話 1800 856 800  
賭博問題幫助熱線 (Gambling Help Line) 1800 858 858 (每週7天、每天24小時服務)

# Advice for parents and carers

## Signs of problem gambling

### Some signs that your son or daughter may have a gambling problem include:

- Spends lots of time gambling and thinking about gambling.
- Misses school or grades start to worsen because of time spent gambling.
- Starts to place larger and more frequent bets to maintain interest and excitement produced by gambling.
- Experiences mood swings and feels stressed when not gambling regularly or trying to reduce or stop gambling.
- Promises to stop or reduce their gambling but has trouble following through with plan.
- Lies or is secretive about gambling activities.
- Missing personal belongings or cannot cover regular expenses as he/she has used these to finance gambling activities.
- Borrows or takes money from family members or friends to gamble.
- Keeps on gambling because they believe that they can win back their money and stop.
- Gambles as a means of escape or to forget their problems.
- Family members or friends are concerned that your son/daughter's gambling will become serious.
- An individual at risk will not necessarily exhibit all these behaviours.

### If you think your child is gambling or gambling too much you have options including seeking professional help. Here are some general steps to follow:

- Get informed about gambling and its risks.
- Be aware of your own gambling behaviour and beliefs.
- Encourage discussion and questions about gambling.
- Listen to what your child has to say.
- Set limits of time, money and frequency of gambling if problems are not severe.