



## Media release

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### **More Youth Seeking Help for Problem Gambling**

The Problem Gambling Foundation's 2010 client statistics reveal an increase in the number of youth seeking help for problem gambling.

The number of new clients aged under 25 seeking counselling from the Problem Gambling Foundation was 11.5% in 2010, an increase of 2.2% on the previous year.

Tony Milne, Problem Gambling Foundation National Public Health Practice Leader, says although there is concern about the increase in the number of young people seeking help, there is more concern about those who are not.

"It is preferable to provide treatment for people before their gambling goes on to become a more serious problem for them, so the earlier they seek help the better," he says.

"That treatment includes support and advice on how to keep themselves safe such as not taking credit or EFTPOS cards to the casino and information on how to self-ban from a pokie venue or online TAB."

The Problem Gambling Foundation 2010 client statistics showed that 53% of new clients aged under 25 were female and 47% were male.

Tony Milne says that although there has been an increase in those seeking help for Internet gambling, numbers are still relatively low in comparison to pokie machines.

"Our statistics show there has been an increase in youth seeking help for Internet gambling, up from 4.5% in 2009 to 7% in 2010, but the internet is still relatively minor in terms of people seeking help. Pokie machines are still the most harmful form of gambling with 59.5% of those under 25 seeking help for problems with pokie machines," he says.

For free, professional and confidential help with your own or someone else's gambling problems: Ph 0800 664 262, Email [help@pgfnz.org.nz](mailto:help@pgfnz.org.nz) or visit [www.pgfnz.org.nz](http://www.pgfnz.org.nz)

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