

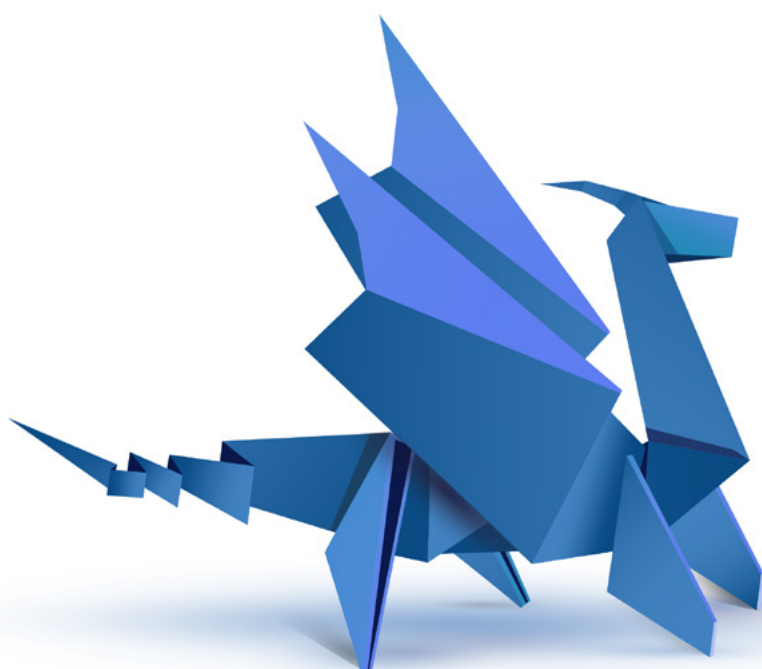
FACT SHEET: GAMBLING AND CULTURALLY & LINGUISTICALLY DIVERSE (CALD) COMMUNITIES



OVERVIEW

The 2021 census reported that 34.6 per cent of people living in New South Wales were born overseas, and that 29.5 per cent of households use a non-English language.¹

Although individuals in CALD communities participate less in gambling than people of (Western) European descent, they're more likely to experience gambling harm.²



Research shows there are several factors that contribute to CALD communities experiencing gambling harm:

- beliefs about luck and chance, and what's considered gambling
- factors relating to the migration experience, which increase vulnerability
- increased access to gambling in New South Wales compared to countries of origin
- shame and stigma as barriers to seeking help³.

RISK FACTORS

- 1 Beliefs around gambling vary between different community groups.** In some communities, card games or mah-jong are considered games, not gambling⁴.
- 2 In East Asian communities, gambling is directly linked to positive beliefs in luck.** East Asian gamblers may be more prone to superstitious thinking that can lead to distorted perceptions of luck and illusions of control when gambling⁵.
- 3 Gambling is seen as part of 'Aussie' culture** and as a way to integrate into Australian life.
- 4 Migrants may gamble to relieve stress from the migration process,** including loss of access to family and friends, fleeing conflict and difficulties communicating in a foreign language.
- 5 Increased access to gambling venues in lieu of culturally appropriate activities.** People from countries with limited exposure to gambling may also lack knowledge about risks associated with gambling⁶.

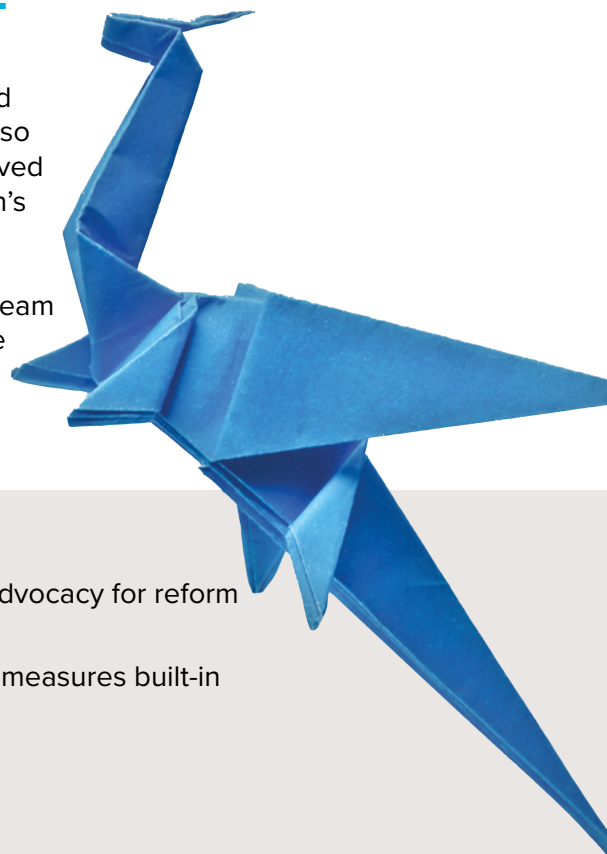


FACT SHEET: GAMBLING AND CULTURALLY & LINGUISTICALLY DIVERSE (CALD) COMMUNITIES



CULTURALLY APPROPRIATE SUPPORT

Current models of support are heavily based on Western ideas and can be a barrier to CALD communities seeking help. Stigma can also prevent people from seeking help, and counselling may be perceived as bringing shame. It's also important not to assume what a person's support needs are based on their cultural identity. All care must be culturally responsive, meaning cultural factors are taken into consideration when offering support.⁷ Some people prefer mainstream services and others prefer services in their own languages. People from collectivistic cultures (valuing the needs of a group or community over the individual) often involve their families in the support process.



ADVOCATING FOR REFORM

Wesley Mission has put this fact sheet together as part of our advocacy for reform to minimise gambling harm. Our current campaign goals are to:

- implement universal cashless gambling with harm reduction measures built-in
- power-down poker machines after midnight
- fund an independent state-wide self-exclusion register
- let communities have a say
- have greater transparency in NSW – publish venue data.

Free, confidential support for people experiencing gambling harm is available 24/7, online and on the phone. Access can be arranged for counsellors who speak community languages, or for interpreters to assist.

GambleAware Helpline **1800 858 858**

gamblinghelponline.org.au

In crisis? **Call Lifeline 13 11 14**

Additional information can be found in the **NSW GambleAware guide** to supporting clients from culturally diverse backgrounds.

¹ Australian Bureau of Statistics: New South Wales 2021 Census All persons QuickStats, 2021.

² Australian Institute of Family Studies (Dickins, M. and Thomas, A.): Gambling in Culturally and Linguistically Diverse Communities in Australia, 2016.

³ Dickins, M. and Thomas, A., 2016; Rowlatt, V., Wraith, D., Doan, T.V.M. et al.: Culturally and Linguistically Diverse Gamblers of East Asian Descent in Australia: A Comprehensive Review of Current Evidence, 2023.

⁴ Dickins, M. and Thomas, A., 2016.

⁵ Rowlatt, V., et al. 2023.

⁶ Dickins, M. and Thomas, A., 2016.

⁷ NSW Government Office of Responsible Gambling: Supporting clients from culturally diverse backgrounds, 2020.

