

**Submission
No 1**

INQUIRY INTO IMPACT OF GAMBLING

Name: Name suppressed

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Partially Confidential

Submission to the Select Committee on Gambling

Chairmen and Members of the Committee

Firstly, I hold a degree in [redacted] I worked in a TAB for [redacted] ending my service in [redacted] I struggled with gambling as a young person. I therefore feel I have authority to comment on this matter.

One key thing seems to stand out to me when it comes to most problem gamblers. Problem gamblers have a 'Jekyll and Hyde' personality. They start a session of gambling with no more or no less self control than most others. You will either win or lose. Then 'Dr Jekyll becomes Mr Hyde'. If you have won, you will gamble till you lose. If you have lost you will gamble to try and win your money back.

1. Voluntary pre-commitment should be a minimum standard on poker machines. So when 'Hyde' appears, you have already committed to what hopefully is a more sensible amount to gamble.
2. Cash is the 'tool of trade' for a problem gambler. Access to cash from ATM's should be limited and withdrawals on credit avoided. A balanced approach I feel is best. After all some people who don't have a problem need access to their money as well.
3. One of the best ideas for online gambling is the ability to set a loss limit for the week or month or year and a deposit limit on your account. This should be compulsory.

It is important to remember that most of the time when you are dealing with a problem gambler, you are dealing with a fairly well rounded and intelligent person. This will deteriorate over a session of gambling. Let them set a loss limit on a poker machine or their online betting account before they start a gambling session, limit the money they can withdraw before they start, so when their intelligence and good judgement are gone, the safety net is already in place.

I thank you for your consideration of my submission.