

Advice for Responsible Gambling

The majority of people do gamble responsibly. It may help you to keep your gambling under control by remembering the following:

- You are taking part for fun – not investing your money.
- Before playing, set a strict limit on how much money you are going to spend.
- Quit while you are ahead.
- Only gamble with money you can afford to lose.
- Don't spend more money on gambling with the hope to win back the money that you have lost.
- Keep up other interests and hobbies – don't let gambling take over your life.
- Don't gamble in order to escape from stress or boredom.
- Gambling in moderation is okay.

For some however, gambling can become a problem. If you are concerned about the amount you are gambling and feel it is taking over your life (or you are concerned for a friend or relative then the following questions may help and give you some guidance.

- ❖ Have others ever criticised your gambling?
- ❖ Have you ever lied to cover up the amount you have gambled?
- ❖ Do arguments, frustrations or disappointments make you want to gamble?
- ❖ Do you gamble alone for lone periods?
- ❖ Do you stay away from work or college to gamble?
- ❖ Do you gamble to escape from a boring or unhappy life?
- ❖ Are you reluctant to spend 'gambling money' on anything else?
- ❖ Have you lost interest in your family, friends or pastimes due to gambling?
- ❖ After losing, do you feel you must try to win back your losses as soon as possible?
- ❖ When gambling, if you run out of money, do you feel lost and in despair, and need to gamble again as soon as possible?
- ❖ Do you gamble until every last penny is gone?
- ❖ Have you lied, stolen or borrowed just to get money to gamble or to pay gambling debts?
- ❖ Do you feel depressed or even suicidal because of your gambling?

If you answer 'yes' more in the questions above, then it is likely that a gambling problem exists.

GamCare Helpline on 0845 6000 133. Call the Helpline and speak to a trained advisor for counselling support, information and advice 8am – midnight, 6 days a week.

Sometimes just telling someone about your problem can be a relief and it is the first step towards dealing with your problem. You can also visit the GamCare website www.gamcare.org.uk for more information and advice.