

Have fun but play it safe

Is gambling causing you a problem?

Some of us enjoy risk taking which is quite normal. Gambling offers a particular style of risk taking that is exciting and should be fun. For most of us who enjoy gambling, the risks are part of the experience. We can control the risks and usually know when we should stop.

For a few of us the temptation to push the experience can be extremely compelling and sometimes irresistible. You may feel that each time you win you have to spend your winnings on more gambling, and if you lose you may feel forced, even desperate to continue, believing that a 'big win' is just around the corner. Once you begin to gamble in this intense way you may become absorbed in the activity of gambling without considering its consequences. This is why, for some people who lose control, gambling can be habit forming.

Losing control of your gambling means that it takes over your life and dominates your thoughts. You cannot stop until you have run out of money. Your gambling affects your relationships, causes you to lose friends, even perhaps your job, as well as putting your home and possessions at risk.

Some people find it impossible ever to gamble without losing control, whilst others, with help and advice, can return to controlled, enjoyable gambling.

If you feel that you are in danger of losing or have lost control of your gambling, then read on, this information may help you.

Do you have a gambling problem?

1. Have you put at risk: relationships, educational studies, your job or your career because of gambling?
2. Do you chase losses by continuing or quickly returning to gamble when on a losing streak?
3. When you win do you have a strong desire to return and win more?
4. Do you ever gamble until you have completely run out of money?
5. Have you lied, stolen or borrowed to get money for gambling?
6. Are you reluctant to spend gambling money on anything else?
7. Do you ever gamble for longer than you had planned?
8. Do you ever gamble to escape worry, trouble, disappointment or frustration?
9. Do you feel depressed or suicidal because of your gambling?
10. Are you in debt because of gambling?
11. Have you ever sold your own or your family's possessions to get money to gamble or to pay gambling debts?

If you have answered yes to one or more of these questions, you may have a problem. Help is at hand.

Strategies for help

- Talk about it.
 - Take responsibility for yourself, don't run away from your problems.
 - Be honest with yourself and then with others.
 - Talk about it with someone you trust: your family, a friend, a counsellor or call the Gamcare/RIGT helpline.
1. Organise for a period of self-suspension. This will be confirmed to you in writing and can always be reviewed with your General Manager.
 2. Allow you to play only with cash or limit the amount of money that can be withdrawn using cheque and debit card facilities.
 3. Accept your resignation from the casino in writing, with the reason stated.

Practical Steps

- Stop all gambling while breaking the habit.
- Look for patterns in your behaviour: Do you gamble when you're bored, stressed or under a lot of pressure?
- Use a calendar and mark each day you do not gamble, so that you can see the progress you make.
- Ask someone you trust to handle your money for an agreed amount of time (e.g 3 months).
- Don't use your cash point cards.
- Reward yourself after a period free from gambling by spending some of the money you have saved on yourself.
- Remember – take one day at a time.

Who can help?

Responsibility in Gambling Trust

www.rigt.org.uk

020 7953 3878

Gamcare

www.gamcare.org.uk

0845 6000 133

Please gamble responsibly