

Who can help?

If you feel you are in difficulty with your gambling or know someone who is and would like to help: Call the national helpline operated by GamCare

0808 8020 133

or chat online at
www.gamcare.org.uk

GamCare is the national centre for information, advice and practical help regarding the social impact of gambling. Their helpline is run by trained staff who can offer counselling, information and advice to problem gamblers, family members and to friends of gamblers.

Published by bacta

bacta

gambleaware.co.uk
GAMBLE RESPONSIBLY

GAMCARE

STAYING IN CONTROL

THE GOLDEN RULES OF PLAYING FRUIT MACHINES



**Playing machines is buying fun,
NOT investing money**

Only play with money you can AFFORD to lose

Set LIMITS on how much you will spend

Playing within your means can be FUN and exciting

**Spending outside your means can create
PROBLEMS for yourself and others**

bacta



CALCULATING THE RISK

Gambling is a fun and exciting form of entertainment, which provides an enjoyable experience

Playing slot machines is an attractive way of taking a risk as long as the risk taking is kept under control

The great majority of people who play slot machines or gamble in other ways enjoy the experience without any problems, but a very small number lose control of what they are doing

For these players gambling ceases to be fun

Their life can be dominated by gambling



PROBLEM GAMBLING

Problem gamblers will continue playing whether winning or losing. They will use their own and other people's money in order to keep playing. As gambling takes over their life, many other things can suffer; family life, their job, and other interests

Gambling becomes a problem when you:

Gamble until all your money has gone

Borrow or steal money to continue gambling

Gamble to chase your losses

Neglect other interests, family and friends to gamble



CHECKING IT OUT

Someone who thinks they might have a gambling problem should ask themselves if:

They lose time from education or work because of gambling

They gamble to get money to pay debts or solve financial difficulties

After losing they feel they must return as soon as possible to win back losses

They gamble until their last pound has gone

They borrow to finance their gambling

They are reluctant to use 'gambling money' for normal expenditure

They have ever committed, or considered committing an illegal act in order to finance their gambling

They have ever considered self-destructive behaviour as a result of their gambling



STAYING IN CONTROL

Whenever you play machines it is wise to remember that:

You are buying entertainment, not investing your money

You should only spend money you can afford to lose

In advance of playing you should set strict limits on how much you will spend

Problems will arise if playing machines becomes the most important part of your life

Playing should take up only a relatively small amount of your time and interest

Playing within your means is likely to be fun and exciting

Spending outside your means is likely to create problems for you and others

You shouldn't play to escape from worries or pressures