

HOW MANY PEOPLE ARE AFFECTED BY SOMEONE WITH A GAMBLING PROBLEM?

When someone develops a gambling problem, it affects an average of four people in their immediate circle, including the spouse and children. These people experience the same money and stress related problems. They may feel ashamed and alone. Children also run the risk of developing later gambling, alcohol and drug problems. On the other hand, families can also be crucial in helping prevent these problems.

ARE SOME PEOPLE AT HIGHER RISK FOR DEVELOPING A GAMBLING PROBLEM?

Yes, some people are at higher risk for developing a gambling problem e.g. people who start gambling at an early age (around 10), who have learning difficulties, low self-esteem or family problems.

Nevertheless, there are also certain protective factors that reduce the risk of gambling addiction, including strong interests, personal fulfillment, a supportive family, and the ability to plan for the future.

WHO CAN HELP A PROBLEM GAMBLER?

Family members.

Problem gamblers often turn to their family for support.

Family members can play an active role in helping gamblers to turn their life around and preventing excessive gambling.



Games of chance and betting should be enjoyed as an entertainment in a responsible way without experiencing any problems whatsoever. However, there is a certain addiction risk if we let the game take over the control. Consequences of that addiction can be very serious for us and our beloved ones. If you believe that you or somebody in your family has a gambling problem, we would like to help.

DIAL BELGRADE CALL CENTER

Free SOS line for problems with pathological gambling available every day from 7 until 22h.

YOU HAVE EVERYTHING TO GAIN BY ASKING FOR HELP!



CONSCIENTIOUS PLAY TELEPHONE LINE:

0800-110-011



PLAY IT SAFE

Do not let the game take over the control.

CONSCIENTIOUS PLAY TELEPHONE LINE:

0800-110-011



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1. LYING

Compulsive gamblers often lie to people around them

Problem gamblers usually try to hide the problem from people around them. They start by lying to their spouse, family and friends. For example, gamblers lie to cover up gambling debts, make up stories to explain away their gambling outings, or claim to have won money, in fact, they lost.

2. BORROWING MONEY

Problem gamblers try to borrow money in order to get out of debt

Most gambling involves money, and that is why gambling and money problems often go hand-in-hand. What do compulsive gamblers do to get out of their financial difficulties? They borrow. They hit on family, friends, colleagues, even strangers, without always telling them the real reason they need money. They may also try to get others to pay off their gambling debts-then start gambling again to try to “make up” their losses.

3. GAMBLING MORE THAN PLANNED

Gamblers that never respect their limit are at risk for developing a gambling problem

Encouraged by the occasional win, some gamblers bet more and more. They eventually lose control and more money as well. It is wise to set a spending limit. Players that never respect their limit are at risk for developing a gambling problem.

4. GAMBLING TO “MAKE UP” LOSSES

Compulsive gamblers play to “make up” losses by gambling more

In gambling, you win some and you lose some, that is a part of the game. But problem gamblers cannot handle losing. They keep gambling to “make up” for their losses. They tell themselves that when they finally win the “jackpot”, they will quit, or they convince themselves that they lost because they changed strategies

or were having an off-day. But the truth is, as they try to “catch up”, they end up deeper in the hole, often with significant debts.

5. BETTING HIGHER AND HIGHER

In order to have fun, problem gamblers feel the need to wager increasingly higher sums of money

Most people who gamble can quit when they want, but not compulsive gamblers. Like people with alcohol or drug related addictions, they are constantly upping their “dose” in order to get the “high” they seek by betting more and more money. Unfortunately, the more they bet, the more they lose.

6. GAMBLING OBSESSED

Compulsive gamblers think about gambling all the time—reliving past experiences or thinking about their next chance at the big “jackpot”

A constant preoccupation with gambling is another warning sign that someone may be a problem gambler. Gambling plays a very important role in their lives, and may even take total control. Compulsive gamblers are constantly reliving their most recent experiences or thinking about the next. They play whenever they get the urge and are constantly looking for more money to feed their habit.

DO ALL PEOPLE WHO GAMBLE RUN THE RISK OF DEVELOPING A GAMBLING PROBLEM?

For most people, gambling is a harmless activity they do for fun. But those who play to escape their problems, ease loneliness, or attempt to make money are more likely to lose control and develop an addiction. This can lead to serious family, economic, and health consequences for gamblers and their loved ones.